



Transplant Times

Organ Transplant Awareness Program

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July 2023

Promoting Organ Donor Awareness; Supporting the Transplant Community

Support Group: Friday, July 8, 2023, 1:00 - 3:00 pm

4505 Chadwick Rd NW, Albuquerque 87120

505.948.4099

www.otapnm.com

Greetings,

I hope everyone is healthy and enjoying life. I was reflecting on how the focus of my work in promoting organ donation has shifted from health fairs and community events to advocacy. By participating in over forty events, I met donor families, recipients and their families, living donors, and registered many people to be organ donors. In August, I will be reaching out to our congressional leaders to advocate for the American Liver Foundation legislative priorities that include the Living Donor Protection Act and increasing funding for liver disease. If anyone would like to join me please call. In May, I participated in an UNOS workshop in Chicago. UNOS is developing a cell phone/website application for transplant candidates. I enjoyed meeting with fellow recipients from across the America. If anyone would like to participate in this project call me.

-Evelyn



Congratulations!



Patricia Pistorio
Evelyn Rivera

Liver Recipient
1st Liver Transplant

July 21, 2009
July 26, 2011

14 years
12 years

Diagnosis of Non-Alcoholic Fatty Liver Disease (NAFLD) and Non-Alcoholic Steatohepatitis (NASH)

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When To Suspect Fatty Liver Disease ?

- Often a silent disease.
- Most patients are referred by their primary care doctor to a liver doctor due to:
 - Abnormal liver numbers on routine tests OR
 - Fatty liver noted incidentally on scans done for other reasons.

Your Doctor Will...

- Assess your risk factors for NAFLD/NASH.
- Examine for an enlarged liver and for signs of possible cirrhosis.
- Order blood work including labs to rule out other major liver diseases.
- Order imaging to look for fat in the liver.



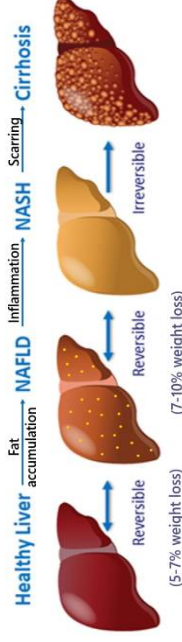
- Assess for progression of fatty liver to inflammation (NASH), stiffening (fibrosis) and scarring (cirrhosis).

Lab Work You Should Expect

- Liver Enzymes and Liver Function Tests: To check for liver inflammation caused by fat.
- Lipid Panel (for cholesterol levels) and tests for diabetes.
- Iron Panel: Rules out an iron accumulation disorder in the liver.
- Hepatitis A, B, C virus tests to rule out liver infections.
- Autoimmune Liver Disease Panel
- Specific labs based on your personal or family history to rule out other liver diseases.



Stages of Fatty Liver Disease.



Risk Factors



Ultrasound

- An ultrasound (US) of the liver is often the first imaging done to look for fat in the liver and assess stiffness (fibrosis).



- Fibroscan is a quick ultrasound scan that can even be performed by your doctor in the office.



Magnetic Resonance Imaging (MRI)

- Often a better test to look at the liver compared to an ultrasound.
- Certain MRI techniques can measure amount of fat in the liver and assess severity of stiffening (fibrosis).

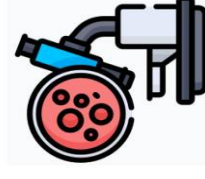


Liver Biopsy

- Best test to look for fat in the liver, inflammation (NASH) and scarring (cirrhosis).
- Liver tissue is extracted using a needle and examined under a microscope.



- Most patients with NAFLD can be diagnosed using labs and imaging.
- Biopsy is done when the diagnosis is unclear, to confirm inflammation (NASH) or if cirrhosis/severe scarring is suspected.



Why diagnose early?

- NAFLD is reversible if diagnosed before progression to scarring.
- Early diagnosis helps you work on reversing your risk factors with lifestyle changes or medication, e.g., getting diabetes treated or starting weight loss medication.



A new study suggests a link between the large gatherings and a slightly higher number of transplants after traffic crashes.



Scott Olson/Getty Images

Motorcycle enthusiasts attend the Sturgis Motorcycle Rally in Sturgis, S.D., in 2021. A new study links such rallies to increased numbers of organ donors.

By Ted Alcorn
New York Times
Nov. 28, 2022

This summer, when half a million bikers clogged the streets of tiny Sturgis, S.D., for one of the country's largest motorcycle rallies, there might have been a small unexpected benefit for nearby patients desperately awaiting organ transplants.

Major motorcycle rallies are associated with increases in organ donors involved in motor vehicle crashes, according to a study published this week in [JAMA Internal Medicine](#).

The authors theorized this could be because of the numbers of motorcyclists attracted to the rallies, dangerously congested roads designed for far less traffic, or riskier behaviors such as riding while fatigued.

Although they were careful to emphasize that policymakers should focus on reducing traffic deaths, the researchers wrote that they should also “anticipate and translate eligible deaths from these events into organ donations.

But the researchers were unable to determine whether the organ donors were people who died in motorcycle crashes or in other vehicles. Overall, motorcycle crash deaths account for a growing share of overall traffic deaths. According to [the National Highway Traffic Safety Administration](#), there were 5,579 motorcycle fatalities in 2020, more than any previous year and nearly double the number from two decades ago.

Laura Siminoff, a professor at Temple University and expert on organ donation who was not involved in the study, said it was “kind of obvious” that motorcycle rallies would be associated with greater numbers of fatal injuries. The more important implication, she said, was that hospitals and organ-procurement organizations were doing their jobs by [facilitating donations](#) from eligible patients.

In the United States, motor vehicle crashes are among the most common circumstances leading to organ donations by deceased people, which can only take place under certain conditions. Deceased donors have typically suffered catastrophic brain injuries but their other organs are sufficiently healthy to transplant. About one in 30 people who die in motor vehicle crashes ultimately becomes an organ donor. (Last year, about 6,500 living people donated a kidney or part of their liver, too.)

The researchers showed that the motorcycle rallies were not associated with upticks in the number of organ donors who died of strokes or drug overdoses, other circumstances that commonly allow for donations. During the weeks of the rallies, there were no observable changes in organ donation in non-neighboring regions, which made it less likely to be some unknown factor causing an increase in organ donation.

Kevin Myer, president of LifeGift Organ Donation Center based in Houston, said most victims of fatal motorcycle crashes suffered significant injuries that rendered their organs unusable, which he suggested might have reduced the number of donations that otherwise would have been possible at the time of the rallies.

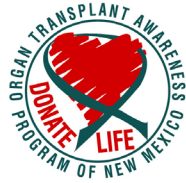
Most states that previously required all motorcyclists to wear helmets have relaxed those laws. Of the states where the major motorcycle rallies in the study occurred, none have universal helmet laws, according to the [Governor’s Highway Safety Association](#).

“While I respect folks who love motorcycles and stuff like that, they really should wear their helmets,” Mr. Myer said.

Although the apparent effect the rallies had on the number of transplants was small, there are scores of motorcycle rallies held across the county each year.

Still, Dr. Cron said, “it’s just scratching the surface of the massive organ shortage.”

[Over 105,000 people](#) are on the national waiting list for an organ transplant, and 17 die each day. Although over 90 percent of people have voiced support for organ donation, just half the population has [registered to be an organ donor](#).



2023 ANNUAL MEMBERSHIP FORM

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone # _____ Cell Phone _____

Email address for organization communications only _____

____ I would prefer to receive the newsletter electronically.

____ \$15 Individual membership ____ \$25 Family membership ____ Donation

All contributions are tax deductible

Please make checks payable and mail to: **PO Box 37217**
Albuquerque, NM 87176

____ **Candidate:** Organ/Tissue Type: _____ Date Listed ____/____/____

____ **Recipient:** Organ/Tissue Type: _____ Date Received ____/____/____

2nd transplant date –month day year: ____/____/____

____ **Donor/member of a Donor Family:** Donor Name _____ Organ/Tissue Type _____

Transplant date –month/day/year: ____/____/____

____ **Friend of OTAP**

Opportunities - Please check all that apply:

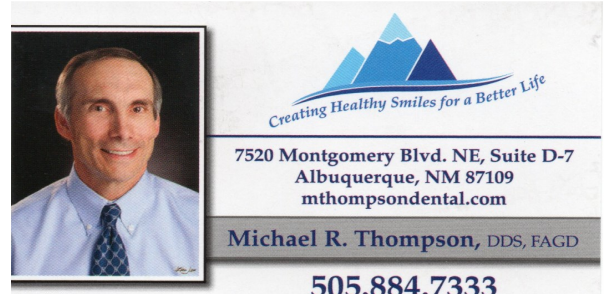
I would like to volunteer: promotional events _____ fundraising events _____

Personal information such as phone number _____ and address _____ may be shared with others.

I would like to be a reader for the scholarship award _____

Suggestions _____

Thank You for your support!



OTAP Mission Statement

The mission of Organ Transplant Awareness Program is to promote organ donation and support transplant community members including transplant candidates, donor families, living organ donors, transplant recipients, and transplant families. We promote organ donation by participating in a variety of community events. Our support group meets once a month for those who need support or are seeking information about the transplant process.

Kundalini Yoga

breath, sound, energy

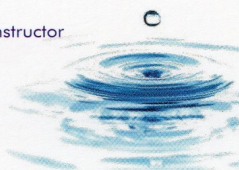
Margaret Lopez

KRI Certified Kundalini Yoga & SuperHealth Instructor

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