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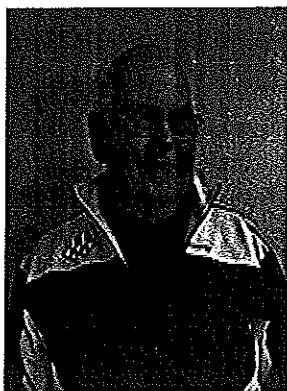
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At Age 74, Loyola Patient Is Oldest In Illinois To Receive Lung Transplant

MAYWOOD, IL – At age 74, Loyola University Medical Center patient Brian Andersen recently became what is believed to be the oldest patient in Illinois to receive a lung transplant.

And he feels terrific.

No longer suffering from debilitating shortness of breath, Mr. Andersen is returning to his extraordinarily active life as a real estate developer, pilot, downhill skier, scuba diver and biker (he owns 10 motorcycles).



Brian Andersen

“Every morning I open my eyes and take a deep breath, and as my lungs fill with air, I think it’s another great day,” said Mr. Andersen, now 75, of Downers Grove, Illinois.

As Mr. Andersen’s case illustrates, the upper age limit for lung transplantation has been increasing steadily. The maximum age, originally 60, increased to 65 in the 1990s and has gone up further since then, said Daniel Dilling, MD, Mr. Andersen’s pulmonologist and Loyola’s medical director of lung transplantation.

During the first half of 2015, 27.5 percent of lung transplant patients in North America were older than 65, according to the most recent data from the International Society for Heart and Lung Transplantation.

Age, by itself, is no longer considered an absolute contraindication to lung transplantation, according to the latest guidelines from the transplantation society. Although patients older than 75 are unlikely to be candidates for lung transplantation, “there cannot be endorsement of an upper age limit,” the guidelines said.

Dr. Dilling said that when he evaluates a patient for a transplant, he considers the patient’s age, along with the patient’s overall health. Dr. Dilling said that Mr. Andersen’s physiological age was much younger than his chronological age. Apart from his lung disease, he was in excellent health.

“Mr. Andersen had no other major medical concerns,” Dr. Dilling said. “He was very strong and robust, and looked a lot younger than 74.”

Mr. Andersen said he had always enjoyed excellent health, and apart from an occasional



EDITOR’S NOTE

We are looking for articles and photographs from lung transplant patients, caregivers, & lung transplant professionals. Personal experiences and clinical or treatment subjects are welcome.

To submit corrections, letters to the editor, photographs, and articles, send an e-mail to: schumann10.ss@gmail.com

Thank you!
The Editor

(Please see Oldest Transplant Patient continued on page 5)

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AirWays

AirWays is published six times per year (if enough material of interest is submitted or found) by Second Wind Lung Transplant Association, Inc. by and for lung transplant candidates, recipients, caregivers, and transplant professionals worldwide

We welcome all contributions to the newsletter; however, we reserve the right to edit submissions. Articles printed in *AirWays* are the property of Second Wind Lung Transplant Association, Inc. and may not be reprinted without permission from the Board Executive Committee.

We appreciate our members' help in obtaining donations to support Second Wind Lung Transplant Association.

General Information

Membership in Second Wind includes a subscription to *AirWays*. To join or change your address please contact Second Wind via postcard, toll free phone, or e-mail listed below.

A Word of Caution

Every attempt is made to print accurate technical/medical information from reliable sources. We would not knowingly present erroneous information but because of time and technical constraints it is not possible to check all submitted information.

Articles printed in this newsletter are for general information only and not meant to be taken as professional medical advice. Each individual's situation is different and information in the newsletter may or may not apply to you or your circumstance. It is your responsibility to discuss any information herein with your physician to determine whether it is beneficial or deleterious to your health.

To submit an article for publication in *AirWays*, send an MS Word document as an attachment to:

schumann10.ss@gmail.com

Send hardcopy submissions to the editor:

Steve Schumann
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Palatine, IL 60067

For more information contact:

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President's Notes

Cheryl A. Keeler, President

Second Wind Lung Transplant Association, Inc.

Sunny days and trips to the pool fill these gorgeous hours of Summer. We hope all of you are breathing a little easier. The Board of Directors would like to bring you up to date on our activities on your behalf.

AirWays

Thank you to Steve Schumann, our Editor and Board Member, for getting *AirWays* back on schedule for printing every other month. At the risk of sounding like a broken record, we need help with this project. If anyone reading this newsletter values



receiving *AirWays* and is willing to help with the publication of this project, please e-mail me at keelerc768@aol.com or Steve at schumann10.ss@gmail.com. No experience is necessary and Steve will explain and teach you how to put *AirWays* together to go to the printer for publishing.

Financial Assistance Program

During May, June and July the Board processed four (4) requests for financial assistance from the membership. The total amount paid was \$1,229.64. These grants covered transportation costs to and from the member's transplant center and lodging during an evaluation trip to the transplant center. Also included is a week's lodging for a member when released after a transplant until there was room in the free housing immediately after transplant.

All funds donated to the Financial Assistance Program go directly to providers who provide services to our members not covered by insurance. The only exception is gasoline cards provided for transportation to and from the transplant centers. All donations are tax deductible.

Please consider making a donation to the Financial Assistance Fund. All Board Members are volunteers and Second Wind has no employees. All donations go to the membership.

Later in this edition of *AirWays* you will find an article on our only fund raiser: The Hike for Lung Health. Funds raised by Second Wind will go to the Financial Assistance Fund.

Transplant News

There wasn't much transplant news to report. UNOS developed a new process on June 23, 2016 regarding "organ check-in"

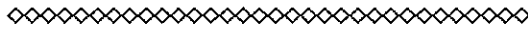
(Please see President's Notes continued on page 3)

(President's Notes continued from page 2)

procedures for transplant hospitals and OPOs. I won't go into detail but the new "check in" system includes labeling to make the system safer and ensure that the right organ gets to the right recipient. The news release didn't indicate why this new system was necessary, but someone must have been sent the wrong organ or the organ went to the wrong person.

The Transplant Games of America 2016 were a huge success. If you want to look at the pictures of participants and see the results, go to www.transplantgamesofamerica.org.

Please enjoy the remainder of the Summer and stay healthy!



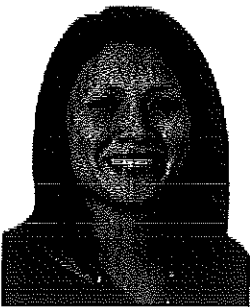
(Second Wind gratefully acknowledges the kind permission from Respiratory Health Association to reprint the following news item from the RHA Newsletter published on line July, 2016.)

Dr. Lam Investigates Important Pathways In The Treatment of Pulmonary Fibrosis

Investigator: Anna Lam, MD, Professor of Medicine, Pathology, and Dermatology, Northwestern University.

Project Title: Wnt/beta-catenin signaling impacts macrophage differentiation in persistence of pulmonary fibrosis (Funded by: Respiratory Health Association)

Background: Respiratory Health Association encouraged applications from investigators interested in conducting innovative research studies in Idiopathic Pulmonary Fibrosis (IPF) to build upon an existing portfolio of research. The committee appreciated the novel connection of the function of the Wnt/beta-catenin pathway to pulmonary fibrosis. We are hopeful her efforts will lead to enhancements in the lives of those living with IPF in the future and further advance the study of the genetic factors impacting IPF.



Dr. Anna Lam, MD

Research Summary: Dr. Lam is investigating important pathways in the treatment of pulmonary fibrosis. Core pathways, such as Wnt/beta-catenin, that are important during human prenatal development, are altered in IPF. Abnormal function of the Wnt/beta-catenin pathway is known to cause human diseases such as colon cancer and osteoporosis. Dr. Lam and her team are the first to link this pathway to lung fibrosis.



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Notice: It is the Policy of Second Wind Lung Transplant Association, Inc. to prohibit the posting of any email and/or message regarding the exchange of medications on any communication medium of the Association.

Food Safety for Transplant Recipients

Foodborne Illness: Know the Symptoms

U.S. Department of Agriculture
Food and Drug Administration

This will be the last installment of this reprint series on Food Safety for Transplant Recipients, a publication provided free of charge by the U.S. Department of Agriculture, Food and Drug Administration. I still have plenty of copies, so feel free to request one from Steve Schumann, schumann10.ss@gmail.com. I'd also suggest to transplant professionals such as Transplant Coordinators and others in educational positions that this publication can be a valuable reference resource for patients embarking on the lung transplant experience. Further thanks go to the USDA for providing the copies of the pamphlet and for their kind permission to reprint the document in *AirWays*.

Despite your best efforts, you may find yourself in a situation where you suspect you have a foodborne illness. Foodborne illness often presents itself with flu-like symptoms. These symptoms include:

- Nausea
- Vomiting
- Diarrhea
- Fever

If you suspect that you could have a foodborne illness, there are four key steps that you should take. Follow the guidelines presented in the **Foodborne Illness Action Plan** found below, which begins with contacting your physician or health care provider right away.

*When in doubt—contact your physician
or health care provider*

My Physicians: Quick Reference List

Name: _____

Phone: _____ Specialty: _____

.....

Name: _____

Phone: _____ Specialty: _____

.....

Foodborne Illness Action Plan

*If you suspect you have a foodborne illness,
follow these general guidelines:*

1. Consult your transplant coordinator or physician, or seek medical treatment as appropriate.

As a transplant recipient on immunosuppressive medications, you are at increased risk for severe infection.

- Contact your physician immediately if you develop symptoms or think you may be at risk.
- If you develop signs of infection as discussed with your physician, seek out medical advice and/or treatment immediately.

2. Preserve the food.

- If a portion of the suspect food is available, wrap it securely, label it to say "DANGER," and freeze it.
- The remaining food may be used in diagnosing your illness and in preventing others from becoming ill.

3. Save all the packaging materials, such as cans or cartons.

- Write down the food type, the date and time consumed, and when the onset of symptoms occurred. Write down as many foods and beverages you can recall consuming in the last week (or longer), since the onset time for various foodborne illnesses differ.
- Save any identical unopened products.
- If the suspect food is a USDA inspected meat, poultry, or egg product, call the USDA Meat and Poultry Hotline, 1-888-MPHotline (1-888-674-6854). For all other foods call, the FDA Office of Emergency Operations at 1-866-300-4374 or 301-796-8240.

4. Call your local health department

... if you believe you have become ill from food you ate in a restaurant or other food establishment.

- The health department staff will be able to assist you in determining whether any further investigation is warranted.
- To locate your local health department, visit: http://healthguideusa.org/local_health_departments.htm.

For More Information on Food Safety

You may contact the USDA Food Safety and Inspection Service and the HHS Food and Drug Administration to obtain additional food safety information in both English and Spanish.

(Please see Food Safety continued on page 5)

(Food Safety continued on page 4)

Online:

Information can be accessed on the FSIS Website at www.fsis.usda.gov or at the FDA website at www.fda.gov/food.

- **Food Safety Questions? "AskKaren"**—The FSIS Virtual Representative—an automated response system is available 24/7 at AskKaren.gov.
- **Food Safety for Moms-To-Be:** www.fda.gov/food/ResourcesForYou/HealthEducators/ucm081785.htm
- **Preventing Listeriosis in Pregnant Hispanic Women in the U.S.** www.fda.gov/Food/ResourcedForYou/HealthEducators/usm062993.htm
- Send e-mail inquiries to mphotlinefsis@usda.gov or to consumer@FDA.gov.

By Phone:

Call the **USDA Meat and Poultry hotline at 1-800-MPHotline (1-888-674-6854)** or call the **FDA Food Information Line 1-888-SAFE FOOD (1-888-723-3366)**

- The year-round, toll-free Hotline is available Monday through Friday from 10 a.m. to 4 p.m. Eastern Time.
- An extensive selection of timely food safety messages is also available at the same number, 24 hours a day.

Additional Food Safety Resources

Gateway to Government Food Safety Information, including all recall and alerts www.foodsafety.gov

Centers for Disease Control and Prevention

1-800-232-4636 (24-hour recorded information) www.cdc.gov/foodsafety

- National Center for Infectious Diseases/Traveler's Health <http://www.ncdc.gov/travel>
- National Center for Infectious Diseases/Water-Related Diseases www.cdc.gov/ncidod/diseases/water/index.htm

U.S. Environmental Protection Agency Office of Water <http://water/epa.gov>

Partnership for Food Safety Education (Fight BAC!®) www.fightbac.org

(Oldest Transplant Patient continued from page 1)

cold, almost never got sick. But in 2012, Mr. Andersen was diagnosed with pulmonary fibrosis, a progressive lung disease that causes lung tissue to become thick, stiff and scarred. As the disease progresses, it becomes increasingly difficult to breathe.

By the spring of 2015, Mr. Andersen had to go on supplemental oxygen 24 hours a day. Even using high doses of oxygen, he couldn't walk up more than a couple steps without stopping to catch his breath. "I was winded all the time," he said.

Mr. Andersen had only weeks to live when, a few weeks before his 75th birthday, he received a life-saving, right lung transplant on Sept. 15, 2015. The operation was performed by Mamdouh Bakhos, MD. Dr. Bakhos is chair of Loyola's Department of Thoracic and Cardiovascular Surgery and one of the nation's top lung transplant surgeons.

Mr. Andersen praised Dr. Bakhos, Dr. Dilling and Loyola's entire lung transplant team. "The doctors and staff at Loyola have given me back my life," he said. "The care I received and the encouragement I was given were the highest level. I can't say enough about them."

Loyola has performed more than 800 lung transplants, by far the most of any center in Illinois. Last year, Loyola performed more lung transplants than the three other Illinois lung transplant programs combined. In May, 2014, Loyola became the only center in Illinois to perform five successful lung transplants in just over 24 hours.

CONTACT:

Jim Ritter
Media Relations
Loyola University Health System
(708) 216-2445
jritter@lumc.edu

(Second Wind gratefully acknowledges Jim Ritter and Loyola's kind permission to reprint this article.)



Transplant Anniversaries

JUNE 2016

Name	Transplant Date	Yrs
Katherine G. Glasgow	6-4-1997	19
Brian Conley	6-5-2015	1
Linda Watson	6-7-2011	5
Michael Olson	6-8-2014	2
Paul Woods	6-10-2013	3
Diane Desiderio	6-11-2001	15
Bill Berkson	4-19-2004	12
Jim Powers	6-23-2009	7

JULY 2016

Name	Transplant Date	Yrs
Kathy Lewis	7-2-2004	12
Anita Tracy	7-5-2005	11
Chuck Freiburger	7-8-2014	2
Michael Pazen	7-8-1999	17
Cathy McGill	7-13-1985	31
Stephanie Wade	7-14-2013	3
Frank Shields	7-16-2012	4
Gail E. Weadon	7-17-2015	1
John Curtin	7-20-2007	9
Robert Lohstroh	7-20-2009	7
Steve Schumann	7-21-2007	9
Cecil Carter	7-21-2013	3

AUGUST 2016

Name	Transplant Date	Yrs
Carolyn Aspegren	8-1-2000	16
Heidi G. Noperi	8-2-2012	4
Verlinda A. Johnson	8-3-2006	10
Terry Johnson	8-10-2010	6
Tina Orlita	8-11-1999	17
Gwen Herron	8-11-2012	4
Garry Nichols (Retransplant)	8-22-2005	11
Harlan Halvorson	8-24-2006	10
Patrick Henry	8-25-2015	1
George Landrum	8-26-2000	16
Michelle O'Guinn	8-26-2004	12
Karen Swenson	8-26-2012	4
Julie Martin	8-29-2005	11

Advocates Lend Their Voice for Lung Friendly Policies at State Capitol

Earlier this Spring, Respiratory Health Association led a group of three dozen volunteers on a trip to the state capitol in Springfield, IL. Volunteers shared their first hand perspective on lung health.

Whether the message came from a respiratory therapist, a COPD patient advocate, or others that believe in the mission of the organization, lawmakers now have a greater understanding of how their decisions impact lung health, the people in their communities, and their families. RHA staff and board members were joined by Frank Shields, Vice President of Second Wind Lung Transplant Association, Inc., students from Rush University as well as COPD event participants.

Advocates met with 41 lawmakers, including Senate President Cullerton, to share their perspective of living with lung disease and show their support for tobacco control funding, and other lung friendly policies.



RHA Advocates with John Cullerton (center), President of Illinois State Senate. Frank Shields, 2nd Wind, is second from left.

Also, as a direct result of conversations held last month, state resolutions were introduced and passed to raise awareness of COPD and lung cancer. The Illinois House of Representatives adopted a state resolution to raise awareness of COPD and declared November as COPD Awareness Month in Illinois. The proposal passed with unanimous support.

We are working to prevent young people from taking up tobacco. A proposal to raise the tobacco purchase age to 21 passed the Senate and is pending in the House.

(Please see Advocates continued on page 7)

(Advocates continued from page 6)

The Clean Jobs bill repairs and expands upon existing Illinois energy law to achieve long term health by maximizing the development of clean electricity sources, using energy efficiency, and clean renewable power. Clean power means less air pollution and healthier lungs for everyone. This legislation is pending in the Illinois legislature.

Volunteers also pushed for an improvement in the statewide school asthma emergency protocol. This legislation better equips schools to handle asthma emergencies by requiring universal response procedures and bi-annual asthma training for all school staff. This bill awaits the Governor's signature to become law.

State Lung Health Education Day was a great opportunity to use our collective voices to educate decision makers on how policies impact those with lung disease. We need you to lend your voice as well. RHA will be making local visits with lawmakers over the summer and we would like you to join us to share your story. We will be discussing COPD awareness and other lung friendly policies.

To learn more about our policy work or how you can join with RHA on a visit with your legislators please contact Matt Maloney at MMaloney@lungchicago.org or call (312) 628-0233.



(Second Wind gratefully acknowledges Matt Maloney and RHA's permission to print this article and the accompanying photograph.)



Help Still Wanted!

I realize I keep beating this dead horse, and Cheryl is also putting her heart in it. As they say, the beatings will continue until morale improves and some kind soul will come to my rescue. Your faithful editor is more than ready to move into the far right lane and give someone else a chance. No experience is necessary, but wouldn't hurt, especially with Adobe InDesign.. Training will be made available, and non-members would be welcome, so if you have a spouse or acquaintance who might be interested we would consider that person. I would like to surrender my office when possible. If there are any wannabee editors out there, please contact Steve Schumann (schumann10.ss@gmail.com) or Cheryl Keeler (keelerc768@aol.com) to talk it over. As you've probably already figured out this is a voluntary position and no one is breaking down my front door yet, so its not too late to jump in.

SECOND WINDERS TAKE A HIKE FOR LUNG HEALTH

Cheryl Keeler

President, Second Wind

Second Winders will take a hike with friends and family for lung health. You can join the Second Wind Team and become a "virtual walker" to promote healthy lungs, prevent lung disease and raise funds for lung disease research and Second Wind's Financial Assistance Fund. All funds raised by Second Wind will go directly to benefit our members who qualify for financial assistance.

Second Wind has become a Charity Partner with the Respiratory Health Association to participate in the Hike for Lung Health taking place on Sunday, September 25, 2016 at Lincoln Park in Chicago, IL, and around the country virtual walkers will participate in their home towns. This is a Multi-Charity walk for healthy lungs.

One of the unique aspects of this event is you don't have to be in Chicago to participate. You can become a "virtual walker" and walk at home, in a park, at the mall, in a rehab program, or just around your home. There are no rules for "virtual walkers." You choose when and where you walk.

If you are in the Chicago area you can register and join the Second Wind team and participate at the park. You can also register and become a "virtual walker" on the Second Wind team at the same web site. The registration fee is \$10 and you will receive a Hike tee-shirt in the mail to wear on the day of the Hike.

To register, go to www.hikeforlunghealth.org and click on Register. Please join the "Second Wind" team either as a walker at the Chicago park, or as a virtual walker.

Vice-President Frank Shields is the Team Captain in Chicago and for the virtual walkers.

If you do not wish to register as a walker, please support the Second Wind team by sponsoring those who are walking and make a donation. When you go to the Hike for Lung Health web site listed above, on the left side of the home page as two buttons. One to "Register" and one to "Donate". All funds received by Second Wind will be used to help our membership with Financial Assistance Program funds.

If you need more information, please email Cheryl Keeler, President at keelerc768@aol.com or Vice President, Frank Shields at shieldsfr@aol.com.

Thank you

Support Groups & Events Calendar

AirWays posts coming events that are of interest to our readers. Please submit the name of the event, location, date(s), time(s), website link, contact person, and a short description of the event if needed. We are not able to include fundraisers.

Closing dates are the end of the months of January, March, May, July, September, and December. Due to printing and mailing schedules, please submit items for publication at least two weeks before the closing date.

Lung Transplant Support Groups.

Dover Campus, St. Clare's Health System

400 West Blackwell Street
Dover (Morris County), NJ
For information, call (732) 412-7330

Cincinnati Support Group

Second Thursday of each month at 6:30pm, hosted at the home of Robert and Cynthia Lohstroh; 4120 Beamer Ct., Cincinnati, OH 45246. Phone: (513) 752-0451.
Covers Cincinnati, Dayton, and Northern Kentucky.

St. Louis Second Wind Lung Transplant Association

Second Wind of St. Louis is now available on Facebook by searching that name.

Second Sunday of each month, 2pm, at Chris' Pancake and Dining.

Contact person: Amanda Helderle, 314-225-6751
may12usch@yahoo.com

Loyola University Medical Center

Third Tuesday every month, 7:00 PM
EMS Building Rm 3284, 2160 S. First Ave.
Maywood, IL 60153

Pre-, post-transplant patients, & support person(s)

Caregivers only support group, first Wednesday every month.
Combined Transplant Support Group, first Thursday every month. This meeting and Caregivers at same address.

Upcoming Programs: **Sept. 20 Rachel Janas, RD, Nutrition for Pre- and Post-Transplant Patients;**

Nov. 15 Special Presentation--Coping with the Holidays, Relaxation Techniques (Speaker TBD)

For information, contact Susan Long (708) 216-5454,
slong@lumc.edu

Emory Lung Transplant Support

First Monday of the month at 12 noon on the Emory Campus.
Location Changes. Contact Julia Bucksot at
jsbucksot@gmail.com for more information

Shands Hospital Lung Transplant Support Group

Shands Cancer Hospital, South Tower, 5th Floor
1515 SW Archer Rd., Gainesville, FL 32610
Contact: Micki Luck, nodurm@shands.ufl.edu
Phone: 352-519-7545

University of Washington Medical Center Seattle, WA
Meetings for 2016 (schedule pending).

Pre- and post-transplant Support Group

UWMC patients, their family and friends. Meetings are on the Second Tuesday of the month, 12:30-2:30.

Caregivers Support Group Meetings

Meetings on the 4th Wednesday 12:30pm to 2:00pm, January through October. Open to transplant families, friends, spouses & partners. No patients please. Both meetings are held in the Plaza Cafe Conference Rooms B/C.

Contact: Angela Wagner, MSW at 206-598-2676;
www.uwltsg.org

University of California San Francisco

Lung Transplant Support Group, Third Thursday of every month, 1-3 pm, Room 1015.

A505 Parnassus Ave., San Francisco, CA 94143

Contact: Avry Todd, MSW, 415 353-1098
Apryl.Todd@ucsfmedctr.org

St. Joseph's Hospital & Medical Center

Lung Transplant Support Group

500 W. Thomas Rd.

Phoenix, AZ 85013

2nd Tuesday of every month, 11:45 am – 1:00pm

Mercy Conference Room

Contact: Kathy Lam, LCSW

Kathy.Lam@DignityHealth.org Phone: 602-406-7009

University of Chicago Medical Center

Lung Transplant Support Group for transplant recipients and those who are listed. Third Wednesday of every month, 5-6:30 pm.

Center for Care and Discovery (CCD), 7th Floor Conf.Rm. 7710

5700 S. Drexel Ave., Chicago, IL 60637

Contact: Fran Hammon, LCSW

frances.hammon@uchospitals.edu or call 773-702-4608

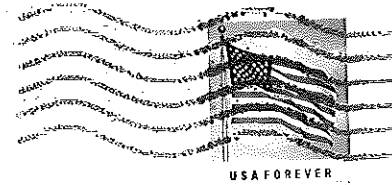
Pager 6720

(Please see Events Calendar continued on page 10)



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of AirWays With Friends,
Family & Colleagues

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Palatine, IL 60067

RETURN SERVICE REQUESTED

19810-326010



(Events Calendar continued from page 13)

Support Groups & Events Calendar

St. John Medical Center

A Second Chance Lung Transplantation Support Group
26908 Detroit Rd. Second Floor Conference Room
Westlake, Oh 44145

Second Tuesday of most months 6-8pm
Group Discussion: Recipients, Caregivers, & Families
Contact Kathy Lewis (kathy2lungs@yahoo.com)

University of Texas Southwestern Transplant Support Group

St. Paule Auditorium, 5939 Harry Hines Blvd., Dallas, TX
75390. Pre-lung transplant patients and caregivers are also
welcome.

Contact: Jodie C. Moore, MSN, RN, ACNP-BC
jodie.moore@utsouthwestern.edu Phone: 214-645-5505

Second Chance for Breath Lung Support Group St. Lukes Medical Center

2900 West Oklahoma Ave., Milwaukee, WI 53201
For pre & post lung transplant patients
Contact Person: Ed Laskowski
laskowskiedward@att.net or call 414-231-3013

