



There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. Albert Einstein

What's New at Loma Linda University Transplantation Institute

Liver Transplants in 2005

◆ We have completed 21 adult liver transplants and 3 pediatric liver transplants to date this year.

◆ **Upcoming Education Classes**

These education classes are scheduled as part of the liver support group:

November 22 Cirrhosis
Complications

Please let Patti or Ben know if you have any requests for next year's classes

Post Transplant Classes

The Liver Team encourages all post liver transplant patients to attend the transplant classes. These classes will be offered beginning in 2006. Stay tuned for dates.

Flu Shots: start asking your primary care physician about flu shots

Staff changes

Lucy Bernal is our new medical assistant in clinic working with Patti and Dr. Mendler. Nicole Williams will continue assisting in the clinic as we orient Lucy.

Ivan Loreto and Wilbert Almodovar are our new patient registrars in our reception area. We are looking forward to Monserrat Ramirez joining this team.

Please join us in welcoming these new team members.

Rose Parade Float

Friday December 30 Loma Linda will be participating in the decoration of the Donate Life for the Rose Parade.

If you are interested in working on the float please call 909-558-8677 and leave Julie Humeston a message that you would like to participate. We are arranging for transportation for those interested in working on the float. The requirements for working on the float are listed below:

- **Be available from 11 AM– 10 PM (we are working on the float from 1 pm— 8 pm. (you must be present for the entire shift)**
- **All participants must be at least 13 years old.**
- **You may be asked to work on the Kodak or a neighboring float during your shift.**
- **Wear layered, old and warm clothing. Night shifts can get very cold. Long sleeved shirts are recommended. Bring heavier sweatshirt or jacket. Hats and gloves may be appropriate.**
- **If you have long hair you will want to tie it back. You may wish to bring a baseball cap.**
- **Shoes need to have closed toes and heel. Tennis shoes work well.**
- **Instead of purses or backpacks consider using a fanny pack. The area is not secure for valuables.**
- **Bring a small camera that will fit into your fanny pack to take pictures.**

Box dinners will be provided. Water, juice, soda, fruit and snacks will also be available. If you have special food requirements you may want to bring a bagged lunch or snack. No refrigeration is available.

If you are a transplant recipient or have a history of medical conditions please notify your transplant coordinator or physician that you intend to participate in float decoration.

PLEASE be sure to get your labs done 3-4 days before your clinic visit. We will reschedule your clinic visit if you do not have your labs. Your labs are our only way to determine your liver function. Without labs we cannot know how to assist you properly.

Information about transportation out in the desert (Palm Springs, Coachella, etc) area and to LLUMC. Click on link below, and then click on “Transit Services
<http://www.sunline.org/home/home.html>

Please call us if you change your:

- **Name**
- **Phone Number**
- **Address**
- **Insurance**
- **Primary Care Provider**

- **Health status or have been hospitalized.**

Phyllo dough provides a terrific low-fat alternative to puff pastry dough in these vibrant napoleons.

Serves 6; 1 napoleon per serving

Ingredients:

1/4 cup sugar

1 teaspoon ground cinnamon

3 sheets (about 12 x 16 1/2 inches) frozen phyllo dough, thawed

Butter-flavor vegetable oil spray

1 pint fresh strawberries, hulled and sliced (about 2 cups)

2 tablespoons confectioners' sugar

2 cups frozen fat-free or light whipped topping, thawed (about 5 ounces)

Sifted confectioners' sugar (optional)

Directions

Preheat oven to 375°F.

In a small bowl, stir together sugar and cinnamon.

Cover phyllo with a damp dishtowel or damp paper towels. Working quickly, lay 1 sheet of phyllo on a large sheet of cooking parchment; spray phyllo lightly but evenly with vegetable oil spray. Sprinkle with 1 tablespoon sugar mixture. Spray both sides of another sheet of phyllo, then stack it directly over first sheet; sprinkle with 1 tablespoon sugar mixture. Repeat with remaining phyllo; sprinkle with remaining sugar mixture. Using kitchen scissors, cut parchment and phyllo stack in half crosswise, forming two 12 x 8 1/4-inch stacks. Transfer phyllo stacks, still on cooking parchment, to two baking sheets.

Bake for 10 to 12 minutes, or until phyllo is golden brown and crisp. Let cool completely on cooling racks. Cut each phyllo stack into nine stacks, 4 x 2 3/4 inches each. (To get this size, cut each into thirds crosswise and lengthwise. You'll have 18 stacks.)

Meanwhile, in a medium bowl, combine strawberries and confectioners' sugar.

To assemble, for each serving, arrange one phyllo rectangle on a serving plate and top with 1/4 cup whipped topping and 1/4 cup berries; repeat, then top with a third phyllo rectangle. Dust with confectioners' sugar.

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Dietary Information (per serving)

Calories:	128
Protein:	1 g
Carbohydrates:	28 g
Total fat:	1 g
Cholesterol:	0 mg
Fibe	2 g
Sodium:	60 mg

We continue to have very active support groups. Thank you to all our patients and families for your hard work.

- ◆ **The Liver Support Group** meets **every Tuesday** (except holidays) from 12:00 p.m. until 1:30 p.m. This is a group that includes patients waiting for transplant as well as patients who have already undergone a liver transplant. **Facillitators:** Don Anctil, Greg Lowry, and Public Relations person Colleen Mawas

- ◆ **Caregiver Support Group** This is a group for those who are providing care and support for those with liver disease. This group meets on **1st and 3rd Tuesday** of the month from 12:00pm - 1:30 pm. **Facilitator:** Betty Anctil
- ◆ **Hispanic Support Group** meets on the **1st and 3rd Thursday** of the month from 1:00pm - 2:30 pm.
- ◆ **Post Transplant– Liver** This group is for those who have had a liver transplant and their caregivers. **3rd Monday every month** 7:00pm-8:30 pm Facilitator: John Mitas
- ◆ **Coachella Valley, Hepatitis C, Liver Disease & Transplant Support Group** meets the second Monday of every Month (except holidays) at 11:00 am at the Portola Community Center in Palm Desert Contact Dr. Richard Darling
- ◆ **Alcoholics Anonymous** facilitated by Colleen Mawas. **Mondays at 6 pm**

Your Liver Team:

Dr. Michel Mendler & Dr. Zeid Kayali
 Dr. Bruce Runyon & Dr. George Gianni
 Patti Radovich, CNS- Newsletter Editor
 Brijie Elhazin, CFNP

Transplant Coordinators

Judith Joseph, RN
 Jennifer Stewart, RN
 Jackie Sorenson, RN
 Ron Duvall, RN

Transplant Assistants: Miriam Guzman, Marielena Castaneda & Elissa Zeeb

Medical Assistants: Stephanie Cautivar
 Lucy Bernal

Social Worker: Ben Mavru, MSW
 Mimi Miller MSW

Financial Coordinator:

Loraine Russelos

Dietician

Karen Defazio