

*Loma Linda University Medical Center
Transplantation Institute's
Your Liver News*

October 2006

Volume 7 Issue 3

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

Liver Transplants in 2006

◆We have completed 22 adult and 1 pediatric liver transplant to date this year.

Mark your calenders!

Annual Rose Parade Float decoration day coming December 27, 2006. Please contact Julie Humeston, RN at (909) 558-4000 ext. 83003 for more information.

Changes in the Liver Clinic

We will have a new medical assistant in Dr. Mendler's clinic. Lucy is getting married and moving to a new city. We wish her well in her new adventures.

We welcome a new physician assistant, Wen Long to our staff. She will be helping in our clinics here and at Arrowhead Regional Medical Center. We welcome Dr. Mateen Trimzi to our medical staff. Dr. Trimzi is a hospitalist and will be working in our clinics and on 4100.

We wish Patti Radovich, CNS well as she takes a new position at Loma Linda. Brijie Elhazin, NP and Wen Long, PA will be assisting Dr. Mendler in clinic as we make this transition

Holiday Health Tips

The holidays bring togetherness, happy times, memories, and...illness! It's important to stay healthy over the holidays (and any other time of the year). But the holidays can be especially hard on your health, not only because of the stress level, but also because "togetherness" can mean sharing of germs.

Here are a few tips for staying healthy during the holidays (and any other time of the year!):

Wash Your Hands Often

The best way to prevent the spread of germs is to keep your hands free of bacteria and viruses. Be sure to wash your hands before and after preparing food and using the restroom.

Clean Up Properly After Preparing Food

Be sure to clean kitchen counters and cutting boards thoroughly with disinfectants and hot water after contact with meat products. Clean out the refrigerator of old left-overs and rotten foods. Don't leave dairy products and uncooked meat at room temperature for extended periods. Never defrost meats on counter tops.

Disinfect Kitchen and Bathroom Sinks

Kitchen and bathroom sinks harbor more bacteria than a toilet! Be sure to clean up any water that has puddled around faucets, and disinfect your sinks often to minimize the spread of bacteria during handwashing and food preparation.

Traveling this Fall/Winter?

Check with your doctor

Be sure you have enough of your medications before you leave

Carry copies of your medical history and a list of your medications with you

Be aware of the nearest hospitals where you will be staying

Pumpkin Clove Soup

Servings = 8 | Serving size = 1 cup soup

This recipe can easily be multiplied by 2. Leftovers are good for about 3 days in the fridge.

Serve with Caesar Salad.

1 tsp. unsalted butter

1 large carrot (peeled and diced)

1 small onion (diced)

1 -29 ounce can pumpkin

4 cups chicken stock

1 cup water

5 whole cloves

1/4 tsp salt

3 Tbs. honey
1/2 cup non-fat sour cream
1/4 tsp. ground cinnamon
1/4 tsp. ground cloves
1/4 tsp. ground nutmeg
1/2 cup raw pumpkin seeds

Melt the butter over medium heat in a large stock pot. Add the onions and carrots and cook very slowly until the onions are translucent.

Add the pumpkin, chicken stock, water and whole cloves to the pot. Simmer over low to low-medium heat for about one hour until the carrots are soft. Stir frequently.

While the soup is simmering preheat the oven to 400°F.

Place the pumpkin seeds in a large non-stick skillet and roast for about 3 minutes in the oven. Remove the pan from the oven and stir the seeds. Return them to the oven and stir every three minutes until they are golden brown. Remove and let the seeds cool.

Place the sour cream, ground cinnamon, ground cloves and ground nutmeg in a bowl and stir until well blended.

When the carrots in the soup are soft add the honey and stir well. Remove the pot from the burner and let the soup cool for at least 20 minutes. Puree in a blender until smooth in two or three batches.

Serve soup hot with a tablespoon of spiced sour cream and a tablespoon of pumpkin seeds.

Nutrition Facts

Serving size: 1 cup | Servings: 8

Calories 123 | Calories from Fat 18

Amount Per Serving (% Daily Value)

Total Fat 2g (17%) | Saturated Fat <1g (30%)

Cholesterol 4mg (1%) | Sodium 291mg (12%)

Total Carbohydrates 22g (7%) | Dietary Fiber 4g (16%) | Protein 3g

Liver Support Groups

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 12:30 p.m. until 2:00 p.m. This is a group that includes patients waiting for transplant as well as patients who have already undergone a liver transplant
- ◆ **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 12:30pm - 2:00 pm.
- ◆ **Hispanic Support Group** meets on the **1st and 3rd Thursday** of the month from 1:00pm - 2:30 pm.
- ◆ **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, 760-200-2766 or 760-329-1006
- ◆ **Alcoholics Anonymous Mondays at 6 pm**
at Loma Linda University Medical
Center Schumann Pavillion A611

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

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Jennifer Stewart, RN
Jacque Sorenson, RN
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Elissa Zeeb

Medical Assistants: Stephanie Cautivar
Lucy Bernal

Social Workers : Ben Mavru, MSW
Mimi Miller MSW

Financial Coordinator:
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Dietician:
Karen Defazio