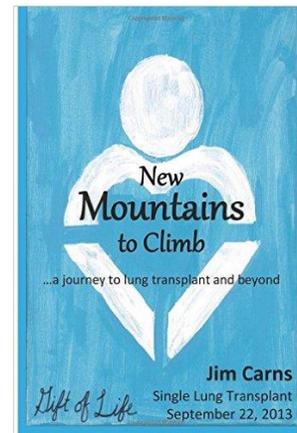


A Review of
New Mountains to Climb
... a journey to lung transplant and beyond
Jim Carns (2016)

Reviewed by Jim Gleason, heart recipient

Written by a layman living with Idiopathic Pulmonary Fibrosis, self-taught through life experience beating the short life expectancy of patients with IPF, Jim Carns shares his very personal life leading up to and post a single lung transplant in September of 2013. Jim's introductory comments set the tone for his book: "Imagine being told you have a disease you have never heard of, a disease with no known cause, for which there is no known effective medical treatment and no cure. Your future has been instantly shortened to three to five years. I want to share with you my journey with idiopathic pulmonary fibrosis (IPF)."



In this easy to read, short (60 pages) book, the author invites us into his life of medical challenge, sharing in-person learnings that can only come in living the patient's life as he has. With up front cautions about being too trusting and dependent on the web for information, Jim offers real life experience to present the facts instead. Mixing explanations of the LAS (the lung allocation score, used to prioritize allocation of the too few donated lungs for the long waiting list of desperate listed patients in need of life saving lungs) with his personal belief in the power of prayer, we find support and hope with the author's honest and balanced insights. Even with a low LAS, Jim waited only three months to receive the gift of a donor's lung at Temple University Hospital in Philadelphia, PA.

He offers a month by month narrative of the wait and recovery experience, based on a foundation of 'God faith', advocating for patient engagement with IPF support groups. Jim even shares two of his thank you letters to his donor family, encouraging recipients to never forget that outreach of gratitude for such a precious gift given at their time of tragic loss. Finally he includes an epilogue of reflections on what's important in life, focused as patients often are through this life challenged and answered experience. Those reflections encompass Caregivers, Support Groups, Family & Friends, Humor, Faith and finally '***A word of advice . . .*** ' that stresses the uniqueness of each patient's journey along with repeated caution on taking the web information over a doctor's true and expert counsel. As Jim shares in his conclusion: "***Every time I talk to a group or an individual about pulmonary fibrosis, I qualify what I am about to tell them is how this journey or this disease has affected me and not necessarily how it is going to affect them or anybody else.***"

I join with physicians, IPF patients and their caregivers in endorsing Jim's writing as an uplifting, hopeful, and forward looking story, a gift for patients following in his steps.

Note: *New Mountains to Climb* is available in soft cover and Kindle editions at [Amazon.com](https://www.amazon.com) and on [CreateSpace.com](https://www.createspace.com) (<https://www.createspace.com/6439945>)

Brief bio:

Jim Gleason, receiving his own heart transplant Oct. '94, retired after 37 years with Unisys Corporation in 2005, is a volunteer with The Gift of Life Donor Program, NKF and UNOS as well as a nationally recognized speaker and author. His own book, **A Gift**

from the Heart, is offered free in thanks to his donor family and can be obtained online at <http://gleasonjim.com> or on CD by contacting him at GleasonJim@aol.com.