HURRY! Early Registration Deadline is August 15 . . .


An exciting opportunity is being offered by the Transplant Recipients International Organization, Inc. (TRIO) in conjunction with the International Transplant Nurses Society (ITNS) for the members of these two prestigious organizations to meet, learn and share their experiences.

The TRIO Symposium brings together outstanding professional presenters to discuss pertinent and current issues in the field of transplantation. The program includes a debate on the pros and cons of financial incentives; a discussion of skin cancer and the transplant recipient; information from Washington, DC, about the latest legislation to help transplant patients, to name just a few of the topics.

The TRIO/ITNS luncheon on Thursday features Dr. Susan Morgan of Purdue University discussing how adverse and inaccurate media portrayals affect organ donation. Friday’s luncheon features the personal story of his son, Nicholas, presented by Reg Green, describing how Nicholas’ death 10 years ago opened organ donation as an accepted practice in Italy. Saturday’s luncheon speaker is Dr. Robert Higgins, President of the Board of UNOS.

In addition to the serious and informative programs, fun social events are planned. Join your friends for a Riverboat Dinner Cruise or an evening at a St. Louis Cardinal’s baseball game. (An additional charge applies to social events.) These events are limited in number of attendees. Register soon!

See the full program brochure and a list of speakers on www.trioweb.org. Secure conference registration is also available on TRIO’s website. Note that “Early-bird” Symposium registration closes on August 15, 2008.

A Symposium registration form is available on page 6. Hotel and Symposium registration forms are also available on www.trioweb.org.

St. Louis, Missouri: This Year’s “Gateway to the World of Transplantation”

The city of St. Louis is rich in history and has many cultural, family and sports attractions. The Millennium Hotel is at the heart of all attractions with a convenient downtown location. Situated on the banks of the Mississippi River, it provides stunning views of the Gateway Arch. Metro Link has a station just three short blocks away from the hotel (next to Busch Stadium) and provides light rail transportation to many of the attractions and also provides an inexpensive ($3.50) ride from the airport. Some of the attractions are Laclede’s Landing entertainment district and riverboat casinos. Free attractions in Forest Park include the Zoo, Art Museum, Science Center and Missouri History Museum. Don’t forget the Gateway Arch and Museum of Westward Expansion.

The Millennium Hotel St. Louis to Host the TRIO-ITNS Symposium.

The hotel offers a special rate of $139 per night (plus tax). The hotel registration form is available on www.trioweb.org. Attendees must contact the hotel directly: Phone: 800-325-7353; Fax: 314-241-9601.
Time sure flies when you are busy. This last quarter was a busy one for me and for the Board working on TRIO matters. Our quarterly board meeting was held in Manhattan at Mt. Sinai hospital and hosted by the Manhattan Chapter of TRIO. It was great to see so many TRIO members from Manhattan and Long Island Chapters attend the board meeting. The input from members was very valuable to the Board. I personally thank all the members who took their personal time on a Saturday to attend the meeting and help TRIO become better. The hospitality of the Manhattan chapter was great and all Board members thank you for your support.

Several of your board members attended various UNOS meetings during the quarter to keep abreast of what UNOS is planning and to give input from a recipient’s viewpoint. I am proud to say that TRIO once again has been nominated to a voting membership in UNOS. This is just another way that your transplant voice is heard.

While at the finance committee meeting in Chicago, Walter Graham, the Executive Director of UNOS, showed a film about UNOS and in it, mentioned their support of TRIO’s upcoming Conference. Also, UNOS “Update” Magazine (May–June) carried a cover story and article on TRIO’s partnership with United Airlines to assist transplant patients with their travel needs.

Ron Taubman and TRIO’s Symposium Committee (Jeffrey Moualim, Elizabeth Rubin, Sylvia Leach and myself) have been working very hard to make this a very successful and enjoyable symposium at a very reasonable cost. The social activities are filling up fast so if you want to go to the Cardinal baseball game or on the riverboat cruise, you should register as soon as possible. Registration can be done online by going to TRIO’s website www.trioweb.org. Early bird registration ends August 15th and the $175 registration fee will increase by $20. This is a great opportunity to talk with transplant nurses about your transplant and learn from the many excellent speakers at the symposium.

TRIO had a booth at the U. S. Transplant Games held in Pittsburgh in July. Thanks to the many TRIO members who stopped by the booth. We gave out book marks and TRIO sweatbands which were a hit at the games. I would like to thank the TRIO chapters who had volunteers at the booth. They are Akron-Canton, Northeast Florida, Philadelphia, Ventura County/West Valley and, of course, Pittsburgh.

TRIO’s website is continuously updated. If you haven’t visited in a while, please go to www.trioweb.org and see how easy it is to use. While on the website be sure to post a comment on the bulletin board. Thanks to Jim Gleason, our webmaster, who is always so prompt in making the updates to the website.

I will close with my quarterly plea to members. If you know of anyone who might be interested in serving on the TRIO National Board of Directors, please let me or Steven Levitin (Chair, Nominating Committee) know so we can contact them. Also, TRIO needs your help on national committees. Please review the list on the website and contact the chairperson to discuss joining that committee.

My final plea: please ask your doctors and transplant friends to join TRIO! The more members we have, the stronger is your voice in the transplant community!
What It Can Mean to YOU to Join a TRIO Chapter

When Beth Chapman of New Jersey suddenly faced a kidney/pancreas transplant, she hardly knew what to think, much less where to turn for emotional support, information and comfort! But then Beth learned about TRIO. More specifically, as you can read in Beth’s letter below: she learned about a TRIO Chapter in Long Island, New York. And that’s where she turned!

Recently, Beth wrote to Mike Sosna, President of the TRIO Long Island Chapter:

“Thank you for your kind words and support. The support from LITRIO has made this journey towards transplant so much easier. I have learned so much from the other members and also from the guest speakers.

When I was first diagnosed with kidney failure and advised that I was a candidate for a pancreas as well, Augie and I were to say the least, scared and overwhelmed...

Augie and I drove back to New Jersey in silence, I because I was so drained emotionally and him because he didn’t know what to say to help.

Determined to try to find some more information I turned to the web. I searched to find any information about it. At the time there was no NJ chapter of TRIO so I started looking at NY. I did find some information about meetings in the NY area and then I saw the LITRIO site.

There was so much relevant information!! I read Ed Burki’s profile. I couldn’t believe it! Here was an article by a real person that had the same operation I was going to have. I remember reading the profile and running into the other room to get Augie. We read his profile again together and immediately we felt like we were not alone. Next I called LITRIO and shortly after that I went to my first LITRIO meeting. Everyone was so helpful and welcoming. It was the best medicine in the world to see and talk to all these people in one room that have had transplants. The real life advice has been invaluable as well as that of the esteemed speakers that come to our meetings.

I still love to walk into the general meeting and see the other members. So I am not ready to submit my profile yet but wanted everyone at LITRIO to know how much everyone there means to me. I truly feel like I am part of something.

Sincerely, Beth Chapman

Please consider joining a TRIO Chapter . . . There you will find comrades, friends, caring support and information. Also, you will discover, through the many Chapter activities, the wonder and value of ‘giving back.’ www.trioweb.org lists TRIO Chapters and locations for informal support groups.

TRIO Board of Director’s Meeting Held at Mt. Sinai Hospital in NYC on May 3

The TRIO Board of Directors met at Mt. Sinai Medical Center in New York City on May 3, 2008.

Through the gracious support and assistance of Larraine DePasquale, President, and members of the Manhattan Chapter, the Board enjoyed a day-long meeting, shared with attendees from both the Manhattan Chapter and the Long Island Chapter of TRIO. TRIO expresses its deep appreciation to Tom Schiano, MD, Assoc. Professor of Medicine and Medical Director, Adult Liver Transplantation, Mt. Sinai Medical Center, NYC, for his support of the TRIO meeting.

TRIO’s next Board of Directors meeting will be held at 7:00 p.m. on Wednesday, September 24, 2008, at the Millennium Hotel in St. Louis, MO. All members of TRIO are welcome to attend and learn more about TRIO’s activities.

DID YOU KNOW THAT

99,507 are waiting!

-- www.UNOS.org; 7/30/08
What It Means to Attend and Participate in the U.S. Transplant Games

From July 11th through 16th, Pittsburgh, PA’s population swelled by more than 6,000 as 1500 transplant recipient athletes along with family members, donors, donor families and support personnel swarmed into town for the United States Transplant Games. For a large number of these people, this was their entrance into athletic competition, but for many, this is something they do every opportunity they get: competition in athletic events is something they have enjoyed ever since they were children, and their life-saving organ or tissue transplant only serves as an opportunity for them to participate in this specialized competitive venue. Whatever their history or motivation, all of the ‘athletes’ share the common bond of transplantation, and their family members and the other spectators all share in the excitement as they watch the athletes perform feats no one would have thought possible when they were waiting for or had just received their organ or tissue transplant. The message is clear at the Transplant Games: Transplantation Works!

I participated in the U.S. Transplant Games in 1994, 1996 and 1998, (two, four, and six years after my liver transplant); but, despite the fact that I did very well each time I competed, I really did not enjoy the actual competition. My enjoyment came from watching others perform, especially those who struggled just to complete the race or event, as well as from meeting all the other athletes and families and sharing stories.

After the Games in Ohio in 1998, I took 10 years off from competing in the Games. My family and I had other experiences to enjoy in the summer, and I did not relish the idea of competing as much as others did. But this year, because the Games were in Pittsburgh, where I received my transplant 16 years ago, I decided it behooved me to attend, and, because I am physically able, to compete as well. It was the right decision: although the competition still stressed me out, the things I witnessed and the people I met made the experience memorable. In addition, I was able to combine the trip with a visit to the Starzl Transplant Institute where I reconnected with some of my old friends, nurses and doctors.

The basic format of the U.S. Transplant Games has not changed in the past ten years. In fact, it probably has not changed since the Games were first presented by the National Kidney Foundation in 1990. The purpose of the Games has always been to celebrate life, and to bring together thousands of people who have experienced the success of transplantation. The Games promote the health and fitness of all participants but also highlight the need for more organ and tissue donors while honoring donors and donor families. In the four days that the Games are held, not only are there sporting events held in swimming, racquetball, table tennis, basketball, golf, badminton, tennis, bowling, volleyball, cycling and track and field, but there are also workshops for donor families, as well as recognition ceremonies for both deceased and living donor families. Even the kids have special activities scheduled for them, and there are evening coffee houses and social lounges for all attendees to enjoy. Beginning with the Games Expo, where you could gather information about the latest medications and support groups, and continuing through the Closing Ceremony, it did not matter whether you were a recipient athlete, spectator, family supporter, donor family member or transplant professional, there was plenty to do to keep yourself occupied at the Games.

Although I attended the Games with some trepidation, I am so glad I went. Not only were my athletic pursuits successful – I won six medals, one in each event in which I competed – but my overall experiences there were so rewarding. For me, the highlights were such things as watching the crowds of transplant recipients and donor families march in at the Opening Ceremonies, seeing people of all ages and all backgrounds trade team pins and share their experiences as they simultaneously cheered.

( . . . continued on page 5)
Glimpses of the 2008 Transplant Games

One of the 70 panels of the Donor Recognition Quilt displayed at the 2008 Transplant Games. Each panel is in memory of a donor, and recognizes 2,380 of those donors whose families donated so that others may live.

TRIO’s President, JT Rhodes, registering visitors at the TRIO Booth.

Below, the Quarter Century Club gathers for a Riverboat Cruise.

Trine Engbretsen, center, Florida’s first liver-transplant recipient, meets her donor family after 24 years: Donor Mom Alisha (right) and Donor Sister Keisha (left). Read their story on TRIO’s website: www.trioweb.org.

Attending the U.S. Transplant Games in Pittsburgh . . . (continued from pg. 4)

. . . on athletes whom they may or may not have known. I also was so impressed by the many donor families in attendance; their bravery (in coming to watch individuals for whom transplantation brought a happy result despite their own overwhelming grief) just amazed me. The transplant children also moved me because many of them were so young when they were transplanted that they do not know a pre-transplant life.

Will I attend the next U.S. Transplant Games in 2010 in Madison, Wisconsin? The jury is still out on that. I will have to wait and see whether the positive experiences I had in Pittsburgh surpass the anxiety caused by competition for me. But, as a liver transplant recipient of 16 years, I can tell you that the Games are the place to see that the transplant ‘club’ is growing; being a transplant recipient is not nearly as unusual as it once was. The success of transplantation is obvious, and it is time for those who are questioning whether or not to donate to make that decision so that the 100,000 patients waiting can experience a second chance at life!

-- Elizabeth Rubin, Transplant Recipient (1992)
Past President of TRIO, Current Secretary of the Board of Directors
2008 Symposium Registration
(If paying by credit card, Registration is also available online at: www.trioweb.org)
ITNS/TRIO Symposium – September 25-27, 2008 – Millennium Hotel St. Louis, MO

Early Registration: There is an Early Registration Incentive Discount that applies to registration forms postmarked on or before August 15, 2008. All registration forms postmarked AFTER August 15, 2008, will automatically be charged the regular fee.

REGISTRANT INFORMATION:
Name: ____________________________________________________________
Address: __________________________________________________________
City: __________________________________  ST: ______  ZIP: ____________
Phone: ________________________  Email: _____________________________

Optional Information: I am a:  ☐ Transplant Recipient  ☐ Transplant Candidate
☐ Transplant Family Member  ☐ Living Donor
☐ Donor Family Member  ☐ Other: _________________________________

If you are registering below as a TRIO Member*, please check one:
☐ Member-at-Large  ☐ Chapter: _____________________________________

I AM REGISTERING FOR THE FULL SYMPOSIUM:  ☐ Early Bird  ☐ After 8/15
☐ Full Symposium: TRIO Member*       $175     $195  =
☐ Full Symposium: TRIO Non-Member       $225     $245   =
The following events are included in your Full Symposium Registration, at no additional charge. Please let us know if you will be attending:
☐ Welcoming Reception, Wednesday, 9/24, 5:30 – 7:30 p.m.
☐ TRIO Wine & Cheese Reception, Thurs., 9/25, 4:30 – 6:00 p.m.
Speaker Luncheon on:  ☐ Thurs  ☐ Friday  ☐ Saturday

I AM Registering at the PER DAY Rate:  ☐ Thursday (including speaker luncheon);
☐ Friday (including speaker luncheon);  ☐ Saturday (including speaker luncheon)
☐ TRIO Member*       $75     $95  =
☐ TRIO Non-Member       $95     $110  =
PUR DAY RATE = $ _______  X  # of Days _______  =

I AM Registering for the following social events (additional charges apply):
☐ Riverboat Dinner Cruise, Thurs, 9/25, 7:00 – 10:00 p.m. $60  =
☐ Riverboat Dinner Cruise, Guest: $60  =
Guest Name: ________________________________
☐ Cardinal Baseball Game, Friday, 9/26, 6:00 – 10:00 p.m. $50  =
☐ Cardinal Baseball Game, Guest: $50  =
Guest Name: ________________________________

☐ *I am joining TRIO today as a Member-at-Large! (Add $20 to Total)  TOTAL  =

PAYMENT of “TOTAL”:  ☐ Credit Card (complete below information)
☐ VISA  ☐ MasterCard  ☐ American Express  ☐ Discover
Card #: _____________________________ Exp: __/____ Code: ___
Signature of Card Holder: ________________________________

Symposium registration begins and the Welcome Reception with ITNS will be held on Wednesday, September 24, 5:30-7:00 p.m.
The Symposium Sessions begin at 9:00 a.m. on Thursday, September 25, and end at 5:00 p.m. on Saturday, September 27.

Millennium Hotel St. Louis
To reserve a room, phone the Millennium Hotel,
1- 800-325-7353, and ask for the ITNS/TRIO special group rate of $139/night.
OR, reservation form available at: www.trioweb.org

Amount Paying:

Full Symposium:
$ ______________

Per Day:
$ ______ x # of Days
$ ______________

Riverboat Dinner Cruise:
Reg: $ ______________
Guest: $ ______________

Baseball Game:
Reg: $ ______________
Guest: $ ______________

$ ______________

I AM Registering:
☐ Check enclosed payable to TRIO
Mail check to: 2100 M St., NW, #170-353
Washington, DC 20037
Contact: info@trioweb.org
Phone: 202-293-0980
Getting in Shape 101: “There are NO Shortcuts!”

Getting in shape means developing your body so that it is prepared for some competitive, strenuous event like swimming, running, and basketball. It also promotes overall health and fitness. Fitness pertains to your cardiovascular system (heart and blood vessels) and your muscles.

Get approval from your doctor before starting an exercise program.

Getting in shape is a slow, gradual process. There are no shortcuts. Start slowly and gradually increase your intensity. Feeling OK is not an indicator you can do more. Wait until the next day to see how you feel. You may hit plateaus where no improvement is noted. Don’t be discouraged; keep with your regimen. Your goal is to train in the “aerobic” state of increased heart and breathing rate for at least 30 minutes. Talking will be difficult.

The hardest part of getting in shape for the first time is the beginning: you will struggle and tire easily. It will take time before you feel stronger—but if you persevere you will notice increased strength, endurance, and energy.

Brisk walking is a good start. Pick some short distance, say a ¼ mile or less. When you return, judge how you feel. Do this daily and gradually increase your distance and intensity. As you improve, insert short spurts of running.

Incorporate a rest day after a training day! When you exercise you stretch and induce small micro cracks into your muscles. During rest, mostly sleep, the cracks are repaired and the muscle becomes a tiny bit stronger. Doing this over and over gives your muscles greater strength. If you don’t allow this recovery time your muscles won’t recover and you will not improve.

While you are increasing the strength of your arm and leg muscles you are simultaneously increasing the strength of your heart. As your heart gains strength it will beat less rapidly and permit you to train for a longer time interval.

Pain is your body’s way of telling you something is wrong. LISTEN TO YOUR BODY! Do not believe “no pain, no gain”! It could kill you. If you experience chest pain or dizziness stop! Eventually you should be able to identify “innocent pain” (soreness).

Your muscles and heart must be fed as you train. Blood supplies the muscles with nutrients (ex. Glucose) and oxygen which are food for your cells. The oxygen comes from the air we breathe. In exchange the blood picks up the waste products. Carbon dioxide (CO$_2$) and water vapor (H$_2$O) are exhaled and organs clean up the other waste.

Don’t hold your breath while you exercise. Concentrate on the exhalation phase. Exhale every time you bring your right (or left) foot forward. Breathe by using your diaphragm—expand your stomach. Remember, breathing gets oxygen to your muscles.

Eat properly. Avoid saturated fats, trans fats, and sugars. (Monounsaturated and Polyunsaturated fats are good for you). Eat whole grain food. (The first ingredient under the food label should be “whole”). And eat a lot of fruit and green leafy vegetables.

Do not eat before exercise. Remember, muscles must be fed by blood. Your intestinal tract requires blood to digest food. Avoid competition for blood between your guts and muscles.

Soon after exercise, feed your muscles by eating a high glycemic food (potatoes, pretzels, white bread, cheerios, bananas, watermelon, or popcorn). A high glycemic food rapidly enters your bloodstream after eating. Drink plenty of water while you are exercising. Stay hydrated. You should never feel thirsty.

During rest days, do strength training with hand weights about-- 2 to 6 pounds for women and 6 to 12 pounds for men. Select weights that you can lift only 8 to 12 times before you fatigue. Weights are a good exercise for bone strength. Aerobic exercise does not increase bone strength.

As you train you should be able to establish an equilibrium state where your cardiovascular system is able to supply enough blood to maintain your muscles at their then current intensity level. With too much intensity your cardiovascular system will not be able to meet the demands of your muscles. Your body will shut you down. Slow down.

Suggested online references
www.mayoclinic.com/health/fitness/sm00098
(exercise, fitness)
MedicineNet.com -----then “Health & Living” then “Exercise & Fitness”
sportsmedicine.about.com
sportsmedicine.about.com/od/abdominalcorestrength1
(for core strength)

-- Don Ehnot, 2008 Transplant Games participant, and winner of Gold medal in 1000M racewalk, Gold in the 100M dash, Gold in the 200M dash and Silver in discus throw.
Membership – NEW and Renewal: TRIO membership is renewable as of January 1 each year. Please support TRIO and its important work on behalf of transplant recipients, donors, candidates and their families by joining us in this important endeavor. Thank you for your support of TRIO!

Name of Member: ___________________________________________________________________________________
Names of other family members: ______________________________________________________________________
Address: __________________________________________________________________________________________
City: ___________________________________________  ST: ____________________________  ZIP: ______________
Phone: _____________________________  Fax: ______________________  email: ______________________________

Member is: ___ Recipient;    ___ Donor;   ___ Candidate;   ___ Family Member;   ___ Other: _____________________

Recipient Profile (Optional):

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<tr>
<th>Type of Transplant</th>
<th># of Transplants</th>
<th>Date(s) of Transplant(s)</th>
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<tr>
<td>Name of Transplant Center(s)</td>
<td>City, State</td>
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Donor Profile (Optional):

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<td>Name of Transplant Center(s)</td>
<td>City, State</td>
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I would like to participate on the __________________________ TRIO Committee. Please contact me.

Annual Dues: Member at Large . . . . . . . . $20. Make your check payable to and mail to:
Additional Contribution . . . . . . . . . . $ __ . Transplant Recipients International Organization, Inc.
TOTAL enclosed . . . $ __ . 2100 M St., NW, #170-353
Thank You for your tax-deductible donation!

PLEASE NOTE: If you are a member of a TRIO chapter, please pay dues to your local chapter instead of submitting this form. If you are not a member of a TRIO chapter, please consider joining a local chapter to receive the many benefits of chapter affiliation. TRIO National strongly supports local chapter membership. A list of chapters is available on our website www.trioweb.org. OR: consider starting a transplant support group or TRIO chapter in your area (contact info@trioweb.org).

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