

HEPATITIS ALERT

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VCU Students' Instant Response to Liver Health Education

"I'm dumping those weight loss pills I have in my bag and throwing them out after class," commented a Virginia Commonwealth University student. Following a Liver Health/Wellness presentation by The Liver Lady, Thelma King Thiel, "feedback showed that the vast majority of VCU students never really thought about liver wellness and how their current health choices are placing them at risk for serious future problems with their liver," commented Linda Hancock, FNP, PhD, and VCU Wellness Resource Center Director.

Learning that the liver is their internal chemical converter and power source, responsible for processing the pizzas, greasy burgers, sodas, beer and medications they ingest was an eye opener. Most were unaware of the extent of the damage to their liver that could be caused by their choices of food, beverage, drugs and supplements. They admitted that now informed, they will think twice about what they eat and what drugs and herbs they will take. The message of taking care of oneself in the present as a smart investment in one's future was well received and clearly motivational.

HFI is collaborating with Dr. Hancock and VCU students to create an upbeat and impactful DVD that addresses liver health/wellness – giving students the necessary tools to make healthy decisions. "Our goal is to empower these young adults to take responsibility for their own health care and avoid preventable liver-related chronic illnesses that will compromise the liver's ability to function efficiently," said Ms. Thiel. This is especially important related to drug use and misuse, obesity, fatty liver and hepatitis.



HFI'S Race For Health's Sake



HFI is going to the races, running races to be exact. So lace up your sneakers and join HFI at the Philadelphia Marathon/Half Marathon and the Big Sur Marathon. Sign up as an HFI Endurance Team member and you'll receive a guaranteed entry to these SOLD OUT races! Your registration entry is your commitment to raise the funds necessary to participate in one or both of these popular running events.

Your healthy lifestyle routine is your investments in future wellness and liver health. Smart nutritional choices provide the fuel your liver needs 24/7 and regular exercise programs to keep you running strong. These events help you improve your overall health while supporting the mission of HFI: addressing the critical need for public education about preventing liver related diseases like obesity, fatty liver, high cholesterol, and diabetes as well as advocating for accessible and accurate health information about viral hepatitis for all affected by these diseases.

As an HFI Endurance Team member, you will walk away with a sense of accomplishment - and know that the miles you logged helped change lives. To join one of our teams, please visit <http://hepatitisfoundation.org/NEWS/Races.html>. From here you will be directed to resources for planning your training and fundraising suggestions. Interested? Curious? Email tc saretti@hepatitisfoundation.org for details and assistance.

Watch for details about more races coming later this year for the 2013 racing season!

SAFE OR SORRY SUPPLEMENT

Drugs on the market require years of testing and approval by the Federal Drug Administration. However; herbal and dietary supplements and the like are not under stringent regulation. Like all drugs or things ingested, herbal and dietary supplements have to be processed through the liver and can cause side effects, toxicity to the liver and in some cases serious liver damage. Combining two or more herbs and/or other drugs can be hazardous to your liver and your life.

VISIT OUR NEW WEBSITE

DVD'S ON LINE FOR VIEWING

Our new Hepatitis Foundation website www.hepatitisfoundation.org provides easy access to:

- Current news including cutting edge information about liver health issues and viral hepatitis.
- Details for the 7 upcoming Viral Hepatitis Summits with convenient registration online.
- Redesigned Online Store where you can preview any of our 15 DVDs created for various ages and in several languages. Fact sheets are now downloadable at no cost.
- Resource links that direct you to additional websites and source materials when looking for financial assistance with prescriptions, support groups, treatment advances, local and government agencies.

Visit Partners in Liver Wellness to learn about the important role the liver plays in fighting off viral hepatitis and how it can be compromised by obesity, fatty liver disease, high cholesterol, drug misuse and abuse, and diabetes. PartnersinLiverWellness.org.

Linking Cholesterol, Fatty Liver and Heart Disease to Liver Health

Studies by Dr. Arun Sanyal at Virginia Commonwealth University School of Medicine link cholesterol to cirrhosis and the risk of heart disease in those with fatty liver disease. There is an excessive cholesterol production in the liver when one develops fatty liver disease that also reduces its removal. This makes cholesterol more available to enter blood vessels and contribute to cardiovascular disease.

Quality and Access to Donated Organs Questioned

Over fourteen thousand American are currently waiting for a liver transplant. An estimated one-third will die before a liver becomes available. According to rulings by the United Network for Organ Sharing (UNOS) patients are stratified by medical need while in specific geographic areas. However, this ruling has been compromised by people with means who move into a geographic area with a short wait list and jump ahead of the queue. Each time this happens, someone is displaced to a lower spot on the wait list. Hopefully, transplant programs will adhere to the rulings giving equal access to all patients waiting regardless of their economic status.

In the past standard donation occurred when a patient was declared brain dead and kept on cardiovascular support to the organs could continue to receive oxygen and blood before being removed for transplant. More recently, organs were retrieved from patients after cardiac death and the heart stops on its own. This method increased the number of organs for transplantation; however, there is widespread reluctance by health-care professionals to use organs donated after cardiac death due to the quality of the organ retrieved.



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Be Prepared. . .

Get Ready to Travel Safely

Unanticipated accidents or hospitalizations and potential intimate encounters while traveling need to be addressed before you leave on your trip.

Hepatitis A, a food borne virus found in the intestinal tract, can be transmitted through unclean water as well as contaminated food in restaurant salad bars.

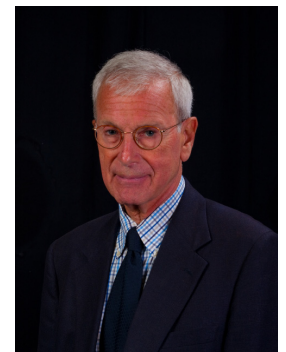
Hepatitis B is a blood borne virus and easily sexually transmitted. Body piercing, tattoos and sharing needles or drug paraphernalia can expose you to hepatitis B, Hepatitis C and HIV. Hepatitis affects millions of North Americans and is a serious health problem in parts of Asia, Africa and the Caribbean.

Now is the Time! Hepatitis A vaccine is given in two doses 6 months apart. Hepatitis B vaccine is given through 3 injections over 6 months or can be accelerated over 3 weeks.

Be prepared. Be safe. Be vaccinated.

SUMMIT UPDATE

Dr. Raymond Koff, Clinical Professor of Medicine at the University of Connecticut School Of Medicine, is a renowned hepatologist and lecturer. As a Founding member of the Hepatitis Foundation



International, Dr. Koff has played a leadership role in promoting prevention of hepatitis and other liver related diseases. His lectures combine viral hepatitis and liver health/wellness education as an essential component in efforts to empower individuals to avoid liver damaging activities and adopt healthier lifestyles. He highlights how these viruses attack the liver and the impact an impaired liver has on hundreds of life sustaining liver functions. Serving on the faculty of dozens of Viral Hepatitis Summits nationwide, Dr. Koff is a highly regarded motivational speaker.

CONNECTICUT	SEPT 26
BI-STATE (KS & MO)	OCT 4
WISCONSIN	OCT 11
LAS VEGAS	OCT 22
MICHIGAN	NOV 8
FLORIDA	NOV 16
BOSTON	DEC 6