



Partners In Liver Wellness™

A Program of the HEPATITIS FOUNDATION INTERNATIONAL

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Partners in Liver Wellness

Filling the Missing Link in Prevention...

Medical experts tell us that there are over 100 liver diseases that can lead to costly, chronic, debilitating health problems and premature death. The miraculous liver is the body's chemical converter and power source that keeps us alive, alert and healthy. It performs hundreds of life maintaining functions refining and detoxifying everything we eat, breathe and absorb through our skin.

The Good News is that the majority of liver diseases can be prevented. The Bad News is that most people are unaware of many liver damaging activities they may be participating in on a daily basis including: alcohol and drug use and abuse, overeating and eating too many fatty foods leading to obesity, fatty liver, diabetes and even heart attacks. Unfortunately, the liver has no effective mechanism to warn its owner of trouble. It is a non complaining organ.

The goal of HFI's Partners in Liver Wellness national initiative is to arm all Americans with life saving liver health information to motivate them to avoid liver damaging activities so they can lead healthier and more productive lives. Executives at The Coca-Cola Company and Georgia Power have joined HFI's Partners in Liver Wellness providing liver health information to over 10,000 employees. Dr. Robert Harshman, Medical Director at Georgia Power said, "I am happy to hear there is growing momentum to educate people in protecting their livers through healthy lifestyles."

Please visit our website, www.PartnersinLiverWellness.org, to learn more about this initiative and to join our efforts to make all Americans healthier.



“*Even when you are sleeping, your liver is working.*”

William King Steel
Chief Executive Officer

The Liver's Role in Heart Disease, Obesity, and Stroke

We have all been told to eat a Heart Healthy diet. Why? A study by Dr. Arun Sanyal, chair in the Division of Gastroenterology, Hepatology and Nutrition at the Virginia Commonwealth University School of Medicine, has identified the link between fatty liver disease, called NASH, that increases the production of excessive cholesterol and a decrease in the expression of the receptor that takes up cholesterol from the blood. In essence, this would both enhance cholesterol output from the liver and reduce its removal, thereby making it more available to enter blood vessels, thus contributing to cardiovascular disease. The liver, not only makes cholesterol, but also takes up cholesterol from the blood. According to Dr. Sanyal, this indicates that there is excessive cholesterol production in the liver when one develops fatty liver disease.

What are you feeding your liver? Fatty foods, sugary drinks, donuts, French fries, greasy burgers, pizzas, and other foods that your liver has to process. Heart Health is connected with Liver Health. Your liver needs your help. Unfortunately, your liver has no mechanism to warn you that it is struggling to process the "stuff" you are feeding it.

The best advice we can give you to prevent heart disease, obesity, or a stroke is to assess your own risk behaviors and make the necessary changes to help your liver stay healthy.

HFI Webinars

HFI's Online Learning Center is proud to present a series of web-based seminars featuring educational presentations and knowledge enhancement audios/videos for clinicians as well as the general public. If you are interested in obtaining more in-depth information about viral hepatitis, attend one or more sessions on a diverse range of topics related to the liver and viral hepatitis, including wellness and illness, coping and nutrition, and latest treatments and alternative considerations. These presentations are prepared by qualified hepatitis practitioners and researchers and are approved by the HFI Online Education Center Editorial Board. Continuing education credits will be provided for participating nurses, physician assistants, and addiction professionals. Visit: <http://www.hepatitisfoundation.org/RESOURCES/Webinars.html>

Healthy Eating Promoted in Maryland Schools

Maryland leads the nation with the 2010 Healthy Hunger-Free Kids act requiring all school districts to implement the new school lunch standards for the 2012-13 school year. Children will have access to more fruits and vegetables as well as, whole grains and low-fat milk options. The meals will be consistent with the recommended calorie levels for children, allowing them to enter the classroom ready to learn. Moreover, this will encourage the students to develop healthier eating habits for life.

A recent Gallop poll identified one in seven Marylanders reporting that there were days over the past 12 months in which they were unable to afford enough food for their households. For these families, school meals are essential to ensure their children get the healthy food they need to start a day, stay alert, and focus in class. Participation in both school breakfast and in school lunch has been steadily increasing, because of the increased number of families becoming eligible for the program. The schools and communities are also doing a better job at reaching out to families.



Parents have an important role to play as well as the schools. Some ways for parents to help their children adapt to school meals are: review-

ing the menu with their children, encouraging them to try something new, joining their children at school during lunch, engaging their children in grocery shopping, and preparing meals at home with them.

CFC Workplace Giving

Please choose the Hepatitis Foundation International in your CFC workplace campaigns that are beginning now. HFI's CFC number is



11842. You can make your donation directly to HFI and simply notify your CFC campaign director of your donation. Pledges to United Way must be written on the Pledge Card. For more information about CFC campaigns, please visit: www.opm.gov/cfc/

Raymond S. Koff, M.D., Elected as Chairman of HFI



The Board of Directors of the Hepatitis Foundation International is pleased to announce the election of Dr. Raymond Koff to serve a three year term as Chairman of the Foundation. As a founding member of the Foundation in 1994, Dr. Koff has been promoting liver health and prevention of hepatitis long before the hepatitis B vaccine was discovered.

As a Clinical Professor of Medicine at the University of Connecticut School Of Medicine since 2003, he received his medical degree from the Albert Einstein College of Medicine in New York in 1962. As an intern and resident on the Ward Medical Service of Barnes Hospital-Washington University in St. Louis from 1962 to 1964, subsequently, Dr. Koff joined the Epidemic Intelligence Service of the National Communicable Disease Center, the forerunner of the Centers for Disease Control and Prevention, and began a series of investigations of viral hepatitis in Boston between 1964 and 1966.

He trained in gastroenterology at the Massachusetts General Hospital in Boston from 1966 to 1969 and then joined the Boston Veterans Administration Hospital as a Clinical Investigator and became Chief of Hepatology at the Medical Center and Professor of Medicine at Boston University School of Medicine. Throughout his career viral hepatitis and its prevention have been the focus of his research, educational activities, and clinical practice.

“As a founding member of the HFI, Dr. Koff has played a leadership role in conducting Viral Hepatitis Summits nationwide reaching thousands of healthcare providers with cutting edge information on viral hepatitis and liver health. As Chairman, we are confident that he will take the foundation to new heights in promoting liver health and prevention of hepatitis and other liver related diseases,” said Thelma King Thiel, CEO of HFI.

Hepatitis C testing of Baby Boomers

Kudos to Martha Saly for her recovery from the silent killer disease, hepatitis C diagnosed 12 years ago. She was lucky to find a physician who identified her illness in spite of no noticeable signs or symptoms. CDC’s recommendation that baby boomers be screened still depends on individuals’ decision to get off the chair and seek to be tested.

If only they knew that their damaged liver plays a critical roll in other health issues including diabetes, high cholesterol, fatty liver, strokes, and heart attacks. Although they may feel OK now, there is an urgency to restore the health of their liver in performing hundreds of life sustaining body functions 24/7. Get tested today!. Tomorrow could be the beginning of cirrhosis and/or cancer of the liver.

Note: *Remember HFI in your Will...*



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