

Transplant Trends

Transplantation Services in Arizona

Transplant Solidifies Already Strong Friendship – **Basket of ‘Lifesavers’ Represents Small Gesture of Lifelong, Profound Gratitude for New Liver**



Dr. David Mulligan, surgeon, gives last-minute assurances to Paul Malloy (left), and Bob Boyle (right), just before “show time”

When Bob Boyle glibly told the man in the next hospital bed, “Hey buddy, I’ve changed my mind,” no one batted an eye.

That’s because no one doubted the sincerity of the 52-year-old Flagstaff man who was determined to give his cousin’s husband, Paul Malloy, a second chance at life – even if it meant giving up 60 percent of his own liver.

Paul, prepped for surgery and ready for a much-needed liver transplant to replace his own organ that had been damaged by hepatitis C, passed off the remark as his buddy just messing with him. He knew the real story.

Bob not only was determined to be Paul’s donor, he almost insisted. He was the second person to be tested to be a donor

for Paul, whose health was rapidly deteriorating and who risked having to wait up to three years on a list for a donor liver.

At first, Bob was rejected when his initial blood work at a local lab revealed an issue. “I felt terrible

“My friends looked at me like I was a dead man walking.”

– Paul Malloy

all weekend, hearing that,” Bob admits. “I called them back said I needed to get tested again – at Mayo. I didn’t accept that one blood test should disqualify me.” Mayo did the test, and this time he passed, an event Bob now calls “Boyle’s mulligan.” (A mulligan in golf is a “do-over” after a bad shot). And the term especially resonated when he learned that one of his Mayo surgeons (and Paul’s surgeon as well) would be Dr. David Mulligan.

Paul Malloy and his wife, Suzie, were stunned to hear that

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Strong Friendship (continued)



A success story: Bob (left), and Paul (right), in celebratory form, post-surgery

Bob wanted to donate part of his liver – a gesture that was also fully supported by Bob’s wife, Molly. It all started for Paul when he was in the military in 1978 – before blood was tested for hepatitis C and, unbeknownst to him, he happened to get a tainted blood transfusion. It would be until 1992, when he tried to donate blood, before he would find out about the blood-borne disease that would eventually cause his liver to fail.

“My wife called me and said I had to talk to my doctor right away,” recalls Paul. “It was something about enzymes in my blood.”

Life as Paul knew it began to change after that phone call. He needed to be tested every six months. A job commute he was making to California every week from his home in Chandler, Ariz., began to wear him down. Then a liver biopsy in June 2006 confirmed the reality of life-awaiting-transplant. By early 2007, his own body shocked him when his weight passed the 280-pound mark. His body shape at that time was called “spidering” – “big belly, thin arms,” reports Paul. “Seriously,” he says. “My friends looked at me like I was a dead man walking.”

Fast forward to March 26, 2008, two days post surgery for Paul and Bob. Bob is circling the nurse’s station at Mayo Clinic Hospital, even flailing his arms, stunning Molly with his energy. Paul, on the other hand, was playing it safe by resting in his room down the hall.

Bob was rendered slightly more subdued by the third day, but managed to pay a visit to Paul’s room. The two exchanged a cautious hug, mindful of their respective fresh surgery scars. Paul’s scar is said to resemble that of a Mercedes emblem; Bob’s a Lexus.

By summer 2008, both men were feeling renewed energy. Paul had sent Bob a huge basket of magazines and Lifesavers, fitting for the occasion, in every flavor. “I’m still working on eating all those,” Bob confesses. The two have always been close, but the transplant has really solidified the relationship, and they talk a number of times each week. Bob and Molly even managed to do a quick trip to Budapest for a family wedding.

But always, the families talk about the gift of life and the need to educate people about organ donation. Both families are also overwhelmed with the support they have had from family and friends who had volunteered to be tested to be Paul’s donor.

Major Milestone at Mayo: **50 Heart Transplants Completed!**



50th Heart Transplant patient Lucia Lopez, recuperates in Arizona

As of July 2008, 50 heart transplants had been completed at Mayo Clinic in Arizona since the program opened in September 2005. It is a significant milestone for patients – especially those who reside in the Phoenix area. Previously, patients had to travel outside the greater Phoenix area for a heart transplant.

The first heart transplant surgery at Mayo was performed by Dr. Francisco Arabia, director of the Heart Transplant Program. That first patient, a 60-year-old Scottsdale woman, had experienced sudden heart failure following a swimming outing with friends and underwent her heart transplant on Oct. 19, 2005, less than one month after Mayo received approval from the United

Network for Organ Sharing (UNOS).

She had been outfitted with two ventricular devices to keep her ailing heart functioning until a donor heart became available. Today she has regained her energy and remains active by participating in support groups to reach out to other heart transplant patients.

The 50th heart transplant patient, Lucia Lopez, is a 53-year-old mother of three from New Mexico. She is a former marathon bicyclist who gradually weakened because of cardiomyopathy, a disease of the heart muscle. Her surgery, on July 20, 2008, was performed by Drs. Patrick DeValeria and Louis Lanza, Cardiovascular and Thoracic Surgery, at Mayo Clinic.

Mayo 'Five For Five' With Artificial Hearts

Not only was the 50th heart milestone reached at Mayo Clinic in Arizona in July 2008, other significant milestones were acknowledged along the way to that achievement.

In August 2007, a 56-year-old Gilbert woman became the Valley's first patient to be implanted with an artificial heart, a mechanical device powered by an external power source that pumped blood for her, since her own failing heart had been removed.

Thirteen days later, the patient, an enthusiastic grandmother, received a donor heart and is doing well today.

Since that first procedure, because of their serious conditions, four other patients qualified to receive the artificial heart. All five patients went on to receive a donor heart. Two other patients, as of late July, were connected to an artificial heart and awaiting suitable donor hearts.

Transplant and Cancer Patients will be Housed in new Concept – **Site work begun for new ‘Village at Mayo Clinic’**

The Arizona Transplant House has officially embarked on a new era in providing housing, friendship and a healing environment for Mayo Clinic transplant patients.

The formal groundbreaking for the Village at Mayo Clinic has taken place, given that site work has begun, trees have been moved and a sign officially marks the location on the Phoenix campus of Mayo Clinic.

Undergoing a transplant can be a profound and daunting journey, and the experience does not end with the surgery or the blood and marrow transplant. Significant challenges still lie ahead for patients. The healing process involves follow-up appointments for blood draws, biopsies, consults and medication adjustments.

It's one thing to live in the Valley and have the luxury of retreating to the comfort of one's own bed while recuperating and having easy access to appointments at Mayo Clinic. What has been greatly needed is a home-away-from-home to house out-of-town patients in a caring and supportive environment.

The Arizona Transplant House at Brusally Ranch in Scottsdale has

served that purpose very well since 1999. And until the official move to the new Village at Mayo Clinic on the Phoenix campus,



Each casita will be approximately 4,900 square feet and will have six bedrooms and six bathrooms.

scheduled for August 2009, patients will continue to stay at Brusally, located at Cactus and 84th Streets.

The Village will carry on the tradition that has touched nearly 3,000 transplant patients and their family members since the opening of the Arizona Transplant House. But with only seven rooms, the Transplant House can no longer serve Mayo's growing numbers of transplant patients.

The development will truly be a "village." Southwestern style "casitas" will house patients and their caregivers and will surround a central community center called, appropriately, "Brusally House," which carries on the "ranch" tradition. Each casita will be approximately 4,900 square feet and will have six bedrooms and six bathrooms. When complete, nine casitas will be able to accommodate about 70 patients and their caregivers.

Amid all this, a unique new collaboration has come about. Mayo is teaming up with the American Cancer Society to also provide lodging for cancer patients who come from around the state and region for long-term therapy that can last more than six or seven weeks. The American Cancer Society will also have casitas at the Village – a first for the organization in the western states. The American Cancer Society currently has 24 "Hope Lodges" in 17 states and Puerto Rico. The Hope Lodge concept provides lodging for cancer patients in a nurturing, home-like environment.



A Future for Scott and Demetria – *Engagement Promise Sealed with a Kidney*



A future for Demetria and Scott, thanks to kidney transplant

Many young women, on the crest of being engaged, dutifully contemplate the ring: Platinum or gold. Emerald cut or princess. That's not the case for 22-year-old Demetria Valenzuela of Queen Creek, Ariz.

Instead, Demetria's situation required a promise of a much greater dimension. To save her life, she required a new kidney. Since age 4, lupus, the autoimmune disease that damaged her kidneys and robbed her of youthful energy and vitality, required that she endure nine hours of home dialysis each day for the past four years.

Her great need was not lost on Scott Price, 26, a one-time emergency medical technician who came to know Demetria and confirmed that he wanted to spend his life with her.

He was aware that just 11 percent function of one kidney wasn't even close to sealing a future for them. So Scott insisted on being tested to be her organ donor. He was the first to be tested, and he nailed it. He was a match.

"This made sense to me, because we pretty much do everything together," Scott confirms.

After a couple of false starts because of infection and financial challenges, the big day came on Friday, July 11, 2008, the morning after the first big monsoon storms had hit the Phoenix area and created traffic challenges. Still, nurses in the pre-op area at Mayo Clinic Hospital rolled their beds together so that Scott and Demetria could say a final goodbye before surgery. Both admitted

to a healthy dose of the jitters.

Under the skilled hands of Mayo surgeons Dr. Paul Andrews (who performed Scott's laparoscopic kidney removal) and Drs. David Mulligan and Kunam Reddy (who did Demetria's surgery) all went well. The next day Scott even

***"This made sense to me,
because we pretty much do
everything together."***

– Scott Price

managed a cautious and measured walk to Demetria's room. Within a few days, they were healing at a nearby motel under the watchful eye of Demetria's aunt, Sue Villarreal, who kept medications on ice for both young patients and snacks and healthy foods at the ready.

Despite admitting they felt like the "walking wounded" as Scott and Demetria took abbreviated walks around the motel, for once the couple was talking about a real future together. Demetria, who friends and family call "Tria," revealed that she hopes one day to become a renowned baker and pastry chef. Scott has a plan to become a motorcycle mechanic.

The aura of optimism was clearly evident as they talked. Scott said the surgery was "so worth it for Tria." Tria confirmed that God "and good doctors" were watching over her.

"The doctors even saved my tattoo and cut around it!" Demetria marvels.

'The Value of Each Day'

Everyone a Winner at the 2008 U.S. Transplant



Team Arizona at the U.S. Transplant Games in Pittsburgh.

More than 6,000 transplant athletes from across the country participated in the 2008 U.S. Transplant Games July 11-16 in Pittsburgh, making it the largest-ever gathering of transplant recipients and donor families in the world.

And although it's not only about bringing home the gold, the silver or the bronze, it just so happened that Mayo Clinic Arizona transplant patients took home the gold, the silver and the bronze!

Transplant athletes, including kidney, liver, heart, lung, pancreas and bone marrow recipients, competed for medals in 12 sports, ranging from bicycling to bowling, golf, racquetball, swimming, tennis and track and field events.

Phoenix resident Glenn Schmidt,

who received a kidney transplant at Mayo Clinic in 2005, participated in volleyball, basketball and track and field events. Schmidt won a bronze medal in the 1500-meter race.

"Everything went very well for our team this year and we took the cup for Team Arizona," says the 39-year-old Schmidt. "To spend that time and hear the stories from other teammates and other team members is something incredible that I take away from the games."

Don Paulus, Phoenix, also had an impressive showing at this year's games. He participated in cycling, the 200-meter race, long jump and basketball, and took home the gold in both the long jump and 200-meter race. He also

won two medals in the 2006 games.

"When you go to the Opening Ceremony, everything comes into

"Everything went very well for our team this year and we took the cup for Team Arizona."

– Glenn Schmidt

perspective: the value of each day of life, how lucky you are to be there and then also that it is a fun time to be together" says Paulus, a 2001 kidney transplant recipient. "I also think the competition is very important and should not be an afterthought."

Anna Reidenbach from Chambers, Ariz., participated in bowling at the games. "This was my second trip to the Transplant Games and again I really enjoyed it," says Reidenbach, who received a liver transplant in November 2002. "It is just a great experience to be a part of. The games help prove to me that I am able to do things again after my transplant. I am living a full life again. There is no obstacle in my way of any kind."

Scottsdale resident Alex Kula, 21, participated in his first Transplant Games this year. Kula

Comes into Perspective'

t Games as Team Arizona Takes Home the Cup

underwent a living-donor liver transplant in February of 2007.

"Following the transplant, it took a while before I could get back to training," says Kula, currently a senior at the University of Arizona, majoring in molecular and cellular biology. "It all started when I went to school last fall. I decided to start biking back and forth to school, five miles each way. Then this spring I did some light jogging and running. This summer I added weightlifting again to get back on track."

Kula, who was an avid runner before his transplant, took home silver medals in the 800 and 1500-meter races. He plans to attend medical school and hopes to train for a marathon in the near future.

"The games represent really a symbolic thing for me to get back to competition," says Kula. "It proves to me that I am back to the health and life I used to have. I really enjoyed my first Transplant Games."

"We try to be examples to others and show our pride through this competition so that others who are going to or have received transplants can have dreams of a long healthy life," says Paulus.



Glen Schmidt receives a bronze medal in the 1500 meter race. Schmidt earned his medal with a time of 7:33.00.



Arizona participants from Mayo Clinic in the 2008 U.S. Transplant Games: Left to right, Glenn Schmidt, Alex Kula, Don Paulus

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2008 U.S. Transplant Games (continued)



Alex Kula, (in blue) accepts his silver medals following the 1500-meter race. Kula's time in the race was 5:49.33.



Don Paulus celebrates his gold medal in the 200-meter race during the 2008 U.S. Transplant Games.



Anna Reidenbach, from Chambers, Arizona, participating in bowling at the 2008 transplant games.



Don Paulus, a 2001 kidney transplant recipient, took home the gold in the long jump with a jump of 4.63 meters.

Military Life After Kidney Donation Brings Health, Plus a Wedding and a Medal



Jodie Mennie, after donating a kidney to her mom, earns commendation from Air Force Secretary Michael Wynne.

Air Force Staff Sgt. Jodi Mennie, 33, was granted leave from her military responsibilities abroad for service of another kind just before Thanksgiving in 2006. Her mission was a noble one. She was to donate a kidney to her mom, Laura Matthews, Flagstaff, Ariz., who had very little kidney function left because of polycystic kidney disease that runs in her family.

With a smile on her face and no obvious signs of trepidation, Jodi waved goodbye as she was wheeled to the operating room at Mayo Clinic Hospital on Nov. 14, 2006. Her mom's reaction was gratitude for such an amazing gift of life –

but also mixed feelings that Jodi, extremely healthy and fit from military life, would have to undergo a surgery.

Jodi was proof positive that being fit served her well. Within hours of the surgery to remove one of her kidneys, she walked down the hall to see her mom, Laura, in her room. Once she was confident that Laura was going to recuperate and do well (which she did), Jodi returned to her military duties.

Accompanying her on the trip to Mayo Clinic Hospital had been Jodi's fiancé, Wayne, who was in the Air Force with Jodi. Now they are married and stationed in Afghanistan,

where Jodi received a special honor and a coin from the Secretary of the Air Force.

An update from Laura, who still serves as Flagstaff deputy city clerk: She has recovered well from her surgery two years ago. But since then, her brother, Steve Matthews, California, who also battled polycystic kidney disease, also underwent a kidney transplant in April at Mayo and is recuperating nicely.

More good news: Jodi and Wayne are expecting their first baby!

This Thanksgiving will truly be a celebration of a family's true spirit of giving.

Husband Insists on Donating Part of Liver to his Wife, Knowing: *‘She Couldn’t Have Made it Through the End of the Year’*



A tender moment shared by Sally Lashway and her donor husband, Tod

It was when he could see a profound change in his wife’s eyes that Tod Lashway, 51, Scottsdale, Ariz., made a non-negotiable personal decision. He would donate part of his liver to his wife, Sally, who had been battling primary sclerosing cholangitis (PSC) for seven years.

“I know my wife well, and I could tell she was in trouble just from how her eyes looked. It was a message. I knew I had to do something,” recalls Tod, who spent four years, unbeknownst to Sally, educating himself about living donor liver transplantation.

He knew about the risks, the procedure, the recovery time and even the “discomfort” when he met with Dr. Thomas Byrne, Transplant Medicine, at Mayo Clinic. And

when Dr. Byrne told the couple, “It’s time,” Tod was ready to be tested. He was prepared, spiritually, physically and down to the last detail to be sure their kids, Sharon and Jessica, would be taken care of financially.

Remarkably, Tod qualified to be Sally’s donor – to be the missing piece that would free her from the deterioration that occurs from PSC, an autoimmune disease that causes the bile ducts of the liver to become inflamed and scarred.

On the morning of Monday, June 30, 2008, with their beds adjacent in the pre-op area at Mayo Clinic Hospital, they heard their surgeon, Dr. David Mulligan announce, “Hi, guys! Big day! Did you get some sleep?” He then proceeded to me-

ticulously explain to Sally and Tod and nearby family members what would occur during both surgeries. Then, with nurses and other staff cheering them on, repeating, “It’s very generous of you, Tod,” it was

“I know my wife well, and I could tell she was in trouble just from how her eyes looked. It was a message. I knew I had to do something”

– Tod Lashway

time for the two surgeries.

Tod’s instincts about the seriousness of Sally’s medical status were confirmed when he and their oldest daughter, Sharon, were granted permission to see Sally’s old liver after the surgery. “It was so obviously cirrhotic. It was close to being an end-stage liver,” says Tod. “I don’t think she could have made it through the end of the year.”

From her bed two days after the surgery, Sally raved about her husband’s courage and resolve to help her. “He was so motivated. He educated himself about this surgery and never said anything to me. And he’s so fit physically, which made him an even better candidate to be my donor.”

Adds Tod, “I had no anxiety. I was prepared because I didn’t want our kids to be orphans. I knew all of this was God’s plan, so I actually had a sense of peace.”

Celebration for a Courageous Colleague



Barbara Frerichs, 54, is embraced by a co-worker at her "Life Celebration" party. Following her successful kidney transplant at Mayo Clinic Hospital in March, Frerichs' colleagues at the Maricopa County Recorder's Office marked the joyous occasion together. "Even though I was on dialysis, I went into work every single day," said Frerichs, a Chief Deputy Recorder. "They saw me go from a vibrant person to not-so-vibrant and now I'm back to vibrant! They're just so thrilled that I've got a second chance at life." More than two-dozen of her co-workers even went so far as to volunteer their own kidneys for Frerichs. Several were potential matches, but in the end she received a "perfect match" from a deceased donor in Tennessee. "The kidney started working immediately and I've had no issues since." Frerichs waited on the donor list for 10 months after her kidneys suffered blocked arteries due to untreated high blood pressure. "Hopefully, my story gives hope to people still waiting."

Hold The Date!

Yes, it's time again to plan for the annual Transplant Reunion to celebrate the gift of life! Mark your calendars for Saturday, Oct. 18, 2008, from 11 a.m. to 2 p.m. Once again, the event will be held under the "big tent" on the Phoenix campus of Mayo Clinic – very close to the hospital. Last year, we had close to 1,000 patients and family members!

Because our numbers are growing each year, we respectfully ask again that you limit the number of your guests to three. We regret having to do that, but the good news is that our program is growing and more people are being helped who have need for a transplant.

Thank you for your consideration because of our limited space. We greatly look forward to seeing you in October. Please watch for a "Save the Date" card, and, later, the official invitation. If you have questions, please call 480-342-3490.

Outcome Statistics: Kidney Transplantation	
Total 6/99 - 7/31/08	892
Living Donor Transplants	502
1 yr graft survival rate	95.12%
1 yr patient survival rate	97.77%
30 day patient survival rate	99.65%
30 day graft survival rate	98.18%
Median length of hospitalization	4
Outcome Statistics: Liver Transplantation	
Total 6/99 - 7/31/08	455
Living Donor Transplants	83
1 yr graft survival rate	88.22%
1 yr patient survival rate	91.42%
30 day patient survival rate	96.40%
30 day graft survival rate	94.56%
Median length of hospitalization	7
Outcome Statistics: Kidney/Pancreas Transplantation	
Total 7/03 - 7/31/08	83
1 yr graft survival rate (kidney)	96.33%
2 yr graft survival rate (pancreas)	89.29%
1 yr patient survival rate	98.21%
30 day patient survival rate	100%
30 day graft survival rate (kidney)	100%
30 day graft survival rate (pancreas)	92.86%
Median length of hospitalization	7

Outcome Statistics: Pancreas Transplantation	
Total 7/03 - 7/31/08	28
1 yr graft survival rate	86.88%
1 yr patient survival rate	100%
30 day patient survival rate	100%
30 day graft survival rate	100%
Median length of hospitalization	7
Outcome Statistics: Heart Transplantation	
Total 10/05 - 7/31/08	50
1 yr graft survival rate	82.35%
1 yr patient survival rate	82.35%
30 day patient survival rate	100%
30 day graft survival rate	100%
Median length of hospitalization	15

All patient and graft survival statistics are from www.ustransplant.org

Transplant Trends is published by the
Division of Public Affairs, Mayo Clinic

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