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Free Screenings M-F 9:00 am—4:00 p.m.

at Special Design Health Care

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Special Thanks to the **Spears Foundation and Volunteers**

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What's on the Calendar?

October is National Liver Disease Awareness Month

October 30-November 3, 2009 AASLD (Assoc. for the Study of Liver Diseases)

January 20, 2010 Educational Program for School Nurses at the St. Louis Science Center

January Cardinal Fundraiser date announced!

May 10, 2010 Hepatitis C Awareness Day in Missouri

May 15, 2010 Strathalbyn Farm Club Fundraiser

September, 2010 Denim & Diamonds⁸



CAR DONATIONS

Do you have a car you would like to donate? The Friends now accept vehicle donations. For more details, please call the Friends office, or John Thornton at Brentwood Volvo to arrange a time to drop off your vehicle 314-644-9501.

Saint Louis
University Hospital 
when it's
CRITICAL

Friends of The Saint Louis University Liver Center
14323 South Outer 40, Suite 200M
St. Louis, MO 63017
Phone: 314-576-3078
Fax: 314-576-3654
Email: lduff@friendsoftheslulc.org
Website: www.friendsoftheslulc.org

Saint Louis University Liver Center
3635 Vista at Grand
St. Louis, MO 63110-0250
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Fax: 314-577-8125
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Issue #4
October, 2009



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Friends & SLU Liver Center

LIVER RIVER LUCKY DUCKY DERBY

The first annual **Liver River Lucky Ducky Derby** was held on Friday, 10/16 to raise money for the Saint



Louis University Liver Ctr. Participants bought raffle tickets and individual ducks were marked with ticket numbers. The ducks raced down the stream in front of the Doisy Research Building on the SLU campus and winners received a variety of prizes, with \$300.00 as the top prize. The race raised almost \$1,500 with all proceeds staying at the Saint Louis University Liver Center to help promote education and research in liver dis-

eases.

The derby, organized by Carol Stengel who works in SLU's gastroenterology and hepatology department, envisioned the fundraiser as a way to help people with hepatitis and other liver disease. "The main point is that many people don't know they have liver disease. Education and screening can make a difference. People can be cured," Stengel said. "This fundraiser can help make the

SLU LIVER CENTER NIGHT AT THE BALLPARK

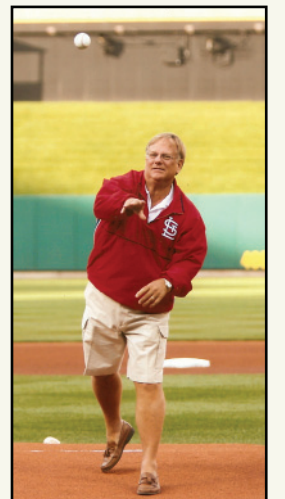
difference."

The Saint Louis University Liver Center celebrated its first **Liver Center Night at the Ballpark** on July 29, 2009 at Busch Stadium during the Cardinals vs. Dodgers game. Many of the faculty, subspecialty residents, staff and members of the SLU community attended this event, which raised nearly \$7000 for the SLULC. More

than 580 tickets were sold and Dr. Bruce Bacon, Director, Division of Gastroenterology & Hepatology and Co-Director of the SLU Liver Center, threw out the first pitch of the night while the crowds cheered his efforts.

Needless to say, *he is going to keep his day job and was not recruited for the Cardinal bullpen* but we are still very proud of him! Since the evening was such a success, we plan to make this an annual event and we hope many of you will join us next year at the ballpark in support of the SLU Liver Center. We hope to get tickets next season for a Cards/Cubs game. More information to follow in Spring 2010.

Go Cards!!



DENIM & DIAMONDS 2009 NAOMI JUDD RETURNS!



The Friends welcomed back Naomi Judd as the Inspirational Speaker for Denim & Diamonds⁷ on Saturday, September 26th at the Westport Sheraton Lakeside Chalet. As you may remember, Naomi kicked off the first Denim & Diamonds event in 2003 and we were thrilled to have her back! Naomi's presentation highlighted her personal journey to healing from Hepatitis C and she gave thanks to Dr. Bruce Bacon and the Saint Louis University Liver Center Staff for the care she received and gave credit to Dr. Bacon by saying she found "Dr. Right." Naomi also personally presented the Naomi Judd Award to LabCorp and Quest Diagnostics for their continued service in the community and support of the Friends. KSDK's Leisa Zigman added to the night's excitement as the event emcee. More than 300 guests and 44 volunteers came together for a fun-filled night of dinner, dancing and bidding which helped raise over \$265,000 for the Friend's Organization.





Mary Ann Barrale
Volunteer Award Recipient

VOLUNTEER HIGHLIGHT

Mary Ann Barrale helped spearhead our first ever Cardinal Baseball Fundraiser, which raised nearly \$7,000 for the Friends of the SLU Liver Center by selling 587 tickets! Mary Ann personally helped the Friends exceed our ticket

sale goal, which enabled Dr. Bruce Bacon to throw out his first major league pitch at the Cardinals vs Dodgers game this past July. Look for Mary Ann to run another successful Cardinal Game fundraiser in Spring, 2010! Way to go Mary Ann!

Thank you Mary Ann for your time volunteering and continual commitment to the Friends of the SLU Liver Center!



PBCERS.ORG: UNITED THROUGH EDUCATION, RESEARCH & SUPPORT

PBCers.org is an online support group for patients with Primary Biliary Cirrhosis, a progressive autoimmune disease that affects the small biliary ducts of the liver. At one time, PBC was thought of as a "silent killer." Little was known about this rare disease, very little research was taking place, and the outlook was grim for many patients. Currently, through proper medical treatment and medication, PBC is no longer referred to as the "silent killer." Instead many patients respond well to medication and treatments that effectively slow down or stop disease progression. PBC patients now have hope, and many patients lead healthier lives.

Begun by a few women who were PBC patients themselves, this group

has grown to be one of the largest internet support groups in the world. Stemming from a desire to support others, the group has expanded its focus to include information that helps to educate about the disease, as well as to inform about current PBC research. In fact the group, through generous donations, has helped to fund research projects that have been quite successful in discovering new information about PBC. Many of the PBCers have participated directly in these research projects. For further information, check out the PBCers at pbcers.org. There are many things to be learned from this group. First and foremost, patients with liver disease benefit from support. What started as a group of caring and concerned individuals has grown to be a group quite educated

about this disease. In addition they recognize more awareness of PBC is necessary and have found ways to continue to educate others. While much is known about PBC today, research needs to continue to find even more effective treatments and a possible cure for this disease. In order to conduct research, funding must be secured which brings me back to why we are here as Friends of the SLU Liver Center. Support for patients with liver disease and their families is important and at the heart of all we do. Awareness of and education about liver disease is essential for understanding the need for further research. Research is the key to finding new and innovative ways to treat and cure liver disease and funding must be available. *That's what the Friends of the SLULC is all about!*

HOW CAN YOU HELP THE FRIENDS OF THE SLU LIVER CENTER? BECOME A SPONSOR! BECOME A VOLUNTEER!

Whether you are interested in becoming a sponsor or want to answer phones, stuff envelopes or be a leader and serve on a planning committee, we have volunteer opportunities available. You may volunteer as an individual or bring a group of friends. Please complete and fax this form to 314-576-3654 or mail to the Friends office. A representative will contact you.

☐ Yes, I am interested in learning more about sponsorship opportunities! Please contact me with more information.

☐ Yes, I am interested in volunteering! Please contact me with more information.

Name _____ Home Phone _____ Work Phone _____

Address _____ Cell Phone _____ Email _____

City, State, Zip _____ Best way to reach you _____

Times you are available to volunteer: _____

How can you support the SLU Liver Center?

May 15, 2010

Join us for a celebration of spring in the country

Saturday, May 15, 2010

3:00 – 9:00 p.m.

Horseback Riding 3:00-5:30 p.m.

Shotgun Sports 3:00-5:30 p.m.

Dinner 6:00 p.m. Hayride 7:30 p.m.

Bonfire to follow

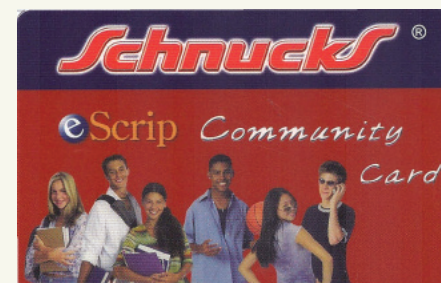
Strathalbyn Farms Club

552 Wolfrum Road, St. Charles, MO 63304

\$100 Per Person or \$750 for a table of 8

Please call 314-576-3078 for reservations

Strathalbyn Farms Club is located on 120 pristine acres in the Weldon Spring area of St. Charles County. It's culture is a small, unique place in the country with the Club's activities focusing on shotgun sports, horseback riding, hiking, dining and a country meeting place for Friends.



Do you know Schnucks will contribute to the Friends every time you shop if you have a Schnucks eScrip card?

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and every \$ counts!

How do you get one?

Call the Friends office
314-576-3078

and learn how to get your friends,
family and co-workers signed up!



Cardinals vs ?

MARK YOUR CALENDAR TO CALL THE FRIENDS OFFICE IN JANUARY TO ORDER YOUR TICKETS TO THE UPCOMING CARDINALS FUNDRAISER!

CONTACT : LEISA at 314-576-3078

If we sell over 500 tickets, one of the docs at the SLU Liver Center will get to throw out the first pitch of the game. Last year, Dr. Bruce Bacon had the honor.

WHO WILL IT BE THIS YEAR?

You can help by selling tickets for this game—Top tickets sellers qualify for special game offers like:



A pre-game field visit during batting practice



A group photograph during batting practice



A highlight of your organization in the next Friends Newsletter

You're group can be here



Just in time for the HOLIDAYS!

Present this coupon when making a purchase at MSG Jewelers and

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the Friends of the
SLU Liver Center!

Ask to see the Cherie Dorie
Fleur De Lis jewelry



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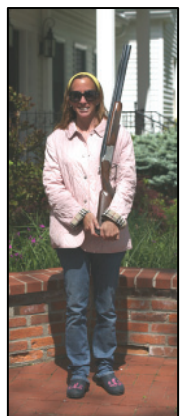
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2009 Year in Review

Strathalbyn Farm Club



Cardinals vs Dodgers 15 innings with Friends!



Naomi Judd returns for Denim & Diamonds⁷



Lucky Ducky Derby on Liver River



**Saint Louis
University**

Dear Friends and Colleagues:

As 2009 rapidly comes to a close, we wish to reflect on what the year has brought to each of us personally and to the Saint Louis University Liver Center. We are deeply appreciative of the support that each of you have provided to the Liver Center over the last year. We are especially grateful for those of you who came to our fundraising events—Branica's dinner, Strathalbyn, SLULC Night at the Ballpark, Denim & Diamonds⁷ and the Lucky Ducky Derby on Liver River. We hope that we have developed events that are enjoyable and informative.

We thank our board and board leadership, especially Mr. Vic Turvey, President, Mr. Bob Chambers, Vice President, and Mr. John Weiss, Treasurer. Their leadership as well as the support and input from other members of the board has been invaluable. Denim & Diamonds⁷ was a tremendous success and we raised nearly \$265,000 to support the research efforts of the Saint Louis University Liver Center.

This is an opportune time to highlight a few of the many accomplishments of the Saint Louis University Liver Center over the last year brought along in part by the resources that you have provided. Over 200 papers have been published describing various research activities of investigators and researchers within the Saint Louis University Liver Center. New faculty members have been recruited into the Liver Center (Dr. Ajay Jain in Pediatrics, Dr. Iliana Bouneva in Gastroenterology & Hepatology, and Dr. Erik Schadde and Dr. Betsy Tuttle-Newhall from the Department of Surgery). New research grants have been received from the National Institutes of Health and additional grant applications have been submitted and are pending potential award notices at this time. As you know, we use the monies generated by the Friend's organization to support new research programs and to provide additional support for existing programs, both in clinical and basic research.

We know that it has been a difficult year with the economy and many of you have been affected personally. Nonetheless, please consider making an end of the year tax deductible contribution to the Friends of the Saint Louis University Liver Center by using the enclosed mail-in form. We look forward to hearing from you and have a Happy Holiday Season!

Sincerely,

Bruce R. Bacon

Adrian M. Di Bisceglie

Bruce R. Bacon, M.D.
James F. King MD Endowed Chair in Gastroenterology
Professor of Internal Medicine
Director Division of Gastroenterology & Hepatology
Co-Director

Adrian M. Di Bisceglie, M.D., FACP
Professor of Internal Medicine
Chairman
Department of Internal Medicine
Co-Director

*We make a living by what we get,
but we make a life by what we give.*

-Winston Churchill

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<http://livercenter.slu.edu>

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Adrian M. Di Bisceglie, MD
Co-directors
Lou Ann Biermann, RN, MSN
Administrative Manager

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Department of Biochemistry
And Molecular Biology**
William S. Sly, MD
Yie-Hwa Chang, PhD
Maureen J. Donlin, PhD
Abdul Waheed, PhD

**Department of Internal Medicine
Division of Gastroenterology
and Hepatology**

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Alex S. Befeler, MD
Iliana Bouneva, MD
Robert S. Britton, PhD
Cindy X. Cai, MD, PhD
Adrian M. Di Bisceglie, MD
Xiaofeng Fan, MD, PhD
Fasiha Kanwal, MD
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Department of Surgery

Division of Abdominal

Transplant Surgery

Erik Schadde, M.D.

Harvey Solomon, MD

Betsy Tuttle-Newhall, MD

Saint Louis University Hospital

SAINT LOUIS
UNIVERSITY
**LIVER
CENTER**

Saint Louis University Hospital's (SLUH) first kidney transplant was performed in 1968. Since then SLU physicians have developed one of the most comprehensive abdominal organ transplant programs in the country including kidney, kidney-pancreas, isolated pancreas and liver programs.

The liver transplant program at Saint Louis University (SLU) started in July of 1988, with the initiation of the adult liver transplant program at Saint Louis University Hospital and quickly followed with the start of the pediatric liver transplant program at Cardinal Glennon Children's Medical Center (CGCMC). Initial results of these new highly successful liver transplant programs were documented in a publication by members of the transplant team in *Missouri Medicine*. 86:12, 804-808, 1989.

A lot has changed in the field of liver transplantation over the past 21 years. New immunosuppressive medications, a different ranking system for the liver transplant waiting list, new surgical techniques, shortened postoperative hospitalizations for recipients and even the possibility of receiving live-donor liver transplantation. What has never changed is the expertise and dedication devoted to the program and the patients by the transplant surgeons, physicians and staff at Saint Louis University.

I have always been proud to say that I was there at the very beginning of it all in 1988. Sixteen years of my nursing career was dedicated to organ transplantation and several of those years were spent at SLU before leaving for the west coast. I was involved with the first 43 liver transplants performed at SLU (39 adults and 4 children). Those were both daunting and extremely rewarding years for me as a transplant coordinator. Since returning to SLU in 2002, I am proud to see how the program has continued to grow and serve the community so well, having performed 804 liver transplants since its inception (727 adults and 77 children).

One of the first liver transplant recipients done at SLU received a copy of our newsletter last year and contacted me on the off chance that I might remember her. She had not known until seeing the newsletter that I had returned to Missouri. Ruth Ann Boxdorfer was transplanted in March of 1989 for Primary Sclerosing Cholangitis (PSC), a disease in which bile ducts inside and outside the liver become inflamed and scarred causing bile build up and damage to liver tissue. She was the 11th adult liver transplant recipient to be done at SLU. I was thrilled to hear from

her and equally happy to know that she was still being followed by Dr. Alex Befeler in the transplant clinic at SLU. Ruthie is doing great, 20 years post-transplant and going strong! Remember her? Of course I remember her. Anyone who works in the transplant field remembers every patient they have ever taken care of, no matter the outcome.

The amazing team of professionals who currently performs this incredible work at Saint Louis University is the transplant hepatologists, the transplant surgeons and the liver transplant coordinators. Additionally, I couldn't possibly forget to mention all of the behind the scenes physicians and staff who are integral members of the team and serve equally vital roles in the Pathology and Radiology Departments, the Operating Room and the Intensive Care Unit and Transplant floor at SLUH and CGCMC.

The medical director of the adult liver transplant program is Dr. Alex Befeler. Other adult trans-



From left to right: Transplant anesthesiologist, surgeons and hepatologists, Dr. David Wild, Dr. Tuttle-Newhall, Dr. Bacon, Dr. Di Bisceglie, Dr. Solomon, Dr. Befeler and Dr. Teckman

plant hepatologists are Dr. Bruce Bacon, Dr. Adrian Di Bisceglie and Dr. Brent Tetri. Joining the adult transplant team in November 2009 will be Dr. Iliana Bouneva who has a background and expertise in liver transplantation from Duke University Medical Center. Assisting the physicians in the transplant program are Alexa Fider-White, PA-C and Courtney Hosto, PA-C. The liver transplant coordinators at SLUH are Karen Johns, RN, BSN, CCTC, Kathy Rushing, RN, CCTN, Donna Kirkpatrick, RN, CCTC and Nancy Culiberk, RN, CCTC.

The pediatric director of the liver transplant program is Dr. Jose Derdoy. Joining Dr. Derdoy in the care of the pediatric liver patients is Dr. Jeffrey Teckman and Dr. Ajay Jain. The pediatric liver transplant coordinators at CGCMC are Erin Foristal, RN, CCRN, Susan Dohle, RN, Gina Bucherich, RN and Katie Buehler, RN. The surgical director of the abdominal transplant program is Dr. Betsy Tuttle-Newhall. Dr. Tuttle-Newhall recently joined the faculty at SLU from Duke University Medical Center where she did her fellowship in abdominal transplant surgery and was the surgical director of the liver transplant program there. Dr. Tuttle-Newhall joins the surgical team comprised of Dr. Harvey Solomon



Pictured Left to Right-Standing: Landon Ware, Transplant Administrator, Claudia Gallagher, Transplant PA, Karen Johns and Nancy Culiberk, Pre transplant liver coordinators; Seated: Judy Hoff, Director Abdominal Transplant; Kathy Rushing and Donna Kirkpatrick, Post-transplant coordinators

and Dr. Erik Schadde. Dr. Schadde also recently joined the Division of Abdominal Organ Transplantation at SLU in April 2009 from Kansas University Medical Center.

Landon V. Ware, MBA has recently been named the Administrator of Transplant Services at Saint Louis University Hospital. Landon comes to St. Louis from University of Texas Southwest Medical Center in Dallas where he was Administrative Director of their kidney, liver, pancreas, heart and lung transplant programs. Prior to his career with the University of Texas Southwest Medical Center, he served as the Director of Operations for the Baylor Regional Transplant Institute.

Liver transplantation, like all organ transplantation is severely limited by the availability of suitable donors. Currently there are 16,592 patients waiting for a liver transplant in the United States. Sadly, only about 6,000 patients receive a life-saving liver transplant each year in the U.S. 166 patients are currently waiting for their chance at liver transplantation in Missouri. The Organ Procurement and Transplantation Network (OPTN), under contract to the U.S. Department of Health and Human Services, ensures fair distribution of donated organs in the United States. It is the model for transplant systems around the world.

Based on OPTN data as of 9/11/09, the number of people requiring a life-saving transplant is 103,456 and this number continues to rise faster than the number of available donors. Approximately 300 new transplant candidates are added to the waiting list each month. Even if you sign a donor card it is essential that your family know your wishes. Your family may be asked to sign a consent form in order for your donation to occur. If you wish to learn how organ donation preferences are documented and honored in our local area, contact your local organ procurement organization (OPO), which is Mid-America Transplant Services, <http://www.mts-stl.org/>. For more information on the transplant program at Saint Louis University, contact the Transplant Office at 314-577-8867.

Written by: Lou Ann Biermann, RN, MSN

Good News for Some Hard-To-Treat Hepatitis C Patients SLU Researcher Tests New Treatment for Virus

ST. LOUIS - In a multi-center trial led by a Saint Louis University researcher, investigators found that a new combination therapy of daily consensus interferon and ribavirin helps some hepatitis C patients who have not responded to previous treatment. The findings, published in the June issue of *Hepatology*, offer a new option for hepatitis C patients, and may be effective even for those patients with factors that make their condition difficult to treat.

"This represents an important advance for difficult to treat hepatitis C patients who have failed to respond to traditional therapy," said Bruce Bacon, M.D., director of the division of gastroenterology and hepatology at Saint Louis University School of Medicine and co-director of the Saint Louis University Liver Center. About 4 million people in the U.S. have been infected with hepatitis C; an estimated 10,000 to 12,000 people die from complications each year in this country. Hepatitis C is caused by a virus, transmitted by contact with blood, and may initially be asymptomatic. For patients who develop chronic hepatitis C infection, inflammation

of the liver may develop, leading to fibrosis and cirrhosis (scarring of the liver), as well as other complications including liver cancer and death.

For patients with chronic hepatitis C, the prognosis varies. About half fully recover after an initial course of pegylated interferon and ribavirin anti-viral therapy that may last from six months to a year. The remaining patients, known as non-responders, may improve but the virus is not eliminated. These patients are at greatest risk for worsening, and subsequent treatments have shown limited effectiveness for this group. In addition, those with genotype 1 (a particular genetic variation of the virus), those with high baseline virus levels, those with advanced liver disease and African American patients are all less likely to respond well to treatment. The study looked at 515 patients at 44 different sites. Patients were given either one of two doses of daily consensus interferon and ribavirin, or no treatment.

For patients with less severe liver damage who had shown some

response to initial treatment, the success rate was above 30 percent. The overall results showed that, for patients who had been unresponsive to initial treatment, consensus interferon and ribavirin worked for about 7 percent of patients given the lower dose and about 11 percent of patients given the higher dose of consensus interferon and ribavirin. "This study shows that select patients who have failed to respond to prior therapy are candidates for retreatment with consensus interferon and ribavirin," Bacon said.

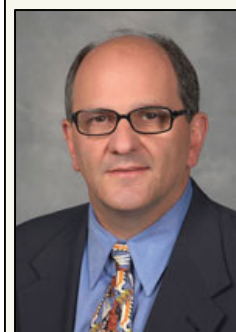
The study, Daily-Dose Consensus Interferon and Ribavirin: Efficacy of Combined Therapy (DIRECT) was funded by Valeant Pharmaceuticals and 3 Rivers Pharmaceuticals.



Dr. Bruce R. Bacon

Interested in participating in a clinical trial at the Saint Louis University Liver Center?

Contact Judy Thompson, Mgr., GI and Hepatology Clinical Research Unit at 314-977-9400

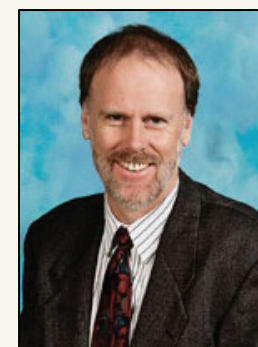


Adrian Di Bisceglie, M.D.

RESEARCH at the SLULC

Adrian Di Bisceglie, M.D. "One of the great strengths of the Saint Louis University Liver Center is the fact that our researchers collaborate with each other. We work as a team rather than as a group of individuals. For example, I have worked closely with Dr. John Tavis and Dr. Ratna Ray on projects related to how the hepatitis C virus actually causes liver damage and how it is able to elude the patient's immune system."

Dr. Brent Tetri "In work supported by the Friends of the SLU Liver Center, I have found that trans-fats cause severe non-alcoholic steatohepatitis (NASH), the beginnings of cirrhosis, and liver cancer in mice fed a fast-food type diet. NASH has become a common form of chronic liver disease and this research identifies a previously undiscovered part of people's diet that could be playing a role in causing liver damage."



Brent Neuschwander-Tetri, M.D.



Mrs. Ruth Ann Boxdorfer