



Friends & SLU Liver Center

MEET JOHN WEISS, DIRECTOR FRIENDS BOARD OF DIRECTORS

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John Weiss has been a member of the board of the Friends of the Saint Louis University Liver Center since 2003, serving as the treasurer from 2006 to 2009. John initially became familiar with the organization through his friendship with Dr. Bruce Bacon. When he was approached to serve on the Board he accepted without hesitation because he was very impressed by the scope of the mission of the board and the critical needs that the Friends organization was addressing in the areas of research, treatment, and education for liver disease. John feels that participating in something that can potentially improve the quality of life for those afflicted with liver disease enriches his life and he gets back

much more than he gives. In John's business world, he is the President and Owner of Weiss Brentwood Volvo and Weiss Toyota. His other volunteer activities include serving on the Regional Advisory board for Volvo as well as the Volvo Creative Forum, Volvo Regional Operating Team, and



John Weiss, Director-
Friends BOD

Toyota Dealer council. John also serves on the board of Excel Bank and is a past director of Allegiant Bank. John has been married for 30 years to Jane Roodman Weiss, who is an RN at the Gateway to Hope Foundation and they have two children, Ben, 25 and Rachel, 24. John's favorite past time is being surrounded by his family and friends and his Swiss Mountain dog, Wilson. He is an avid wine collector and enjoys the outdoors and traveling. "Since becoming a board member and interacting with the faculty and staff of the Friends of the SLU Liver Center, I feel honored and proud of the incredible institution that we have in St. Louis to further the journey to finding a cure for liver disease."

Special Thanks to John Weiss for making our car donation program possible!



CAR DONATIONS

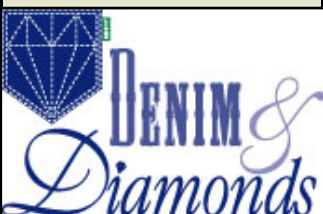
Do you have a car you would like to donate? The Friends of the Saint Louis University Liver Center now accepts vehicle donations. For more details, please call the Friends office, or John Thornton at Brentwood Volvo to arrange a time to drop off your vehicle 314-644-9501. Weiss Brentwood Volvo is located at 7700 Manchester Road, St. Louis, MO 63143.

DENIM & DIAMONDS 2009 NAOMI JUDD RETURNS!

We are excited to welcome back Naomi Judd as our Inspirational Speaker for Denim & Diamonds⁷ on Saturday, September 26th at the Westport Sheraton Lakeside Chalet. As you may remember, Naomi was the speaker who kicked off the first D&D in 2003 and her return is a much anticipated reunion!

Naomi is returning as a judge for Season 2 of "Can You DUET" (from the producers of American Idol) which will air on CMT this June and her most recent books include "Naomi's Guide to Aging Gracefully" and "Naomi's BREAKTHROUGH Guide". We hope you will join us in September to welcome back our friend, Naomi Judd! You can learn more about Naomi on her website

www.naomijudd.com



MARK YOUR CALENDAR!
Denim & Diamonds⁷
Will be held Saturday,
September 26, 2009
For reservations, please call
314-576-3078

VOLUNTEER HIGHLIGHT



Leslie Hodges
Volunteer Award Recipient

Volunteers are the backbone of any non-profit organization! Our volunteers are the Friend's voice in the community and biggest advocates of the Saint Louis University Liver Center.

We were very proud to award the Volunteer Award to Leslie Hodges who has been a volunteer since 2004, and has made an impact in many ways. What started out as a college project to focus on

the future development of an organization, turned in to four years of volunteering for the Friends of the SLU Liver Center. **Leslie Hodges** has been involved with the financial planning, budget preparation and data entry and has volunteered at events throughout the year. Leslie offers to help out after work, on Saturdays, and pretty much any time she is needed!

The Friends want to extend our sincere gratitude and appreciation to Leslie for her time volunteering and continual commitment to the Friends of the Saint Louis University Liver Center!



DISPELLING MYTHS, MISCONCEPTIONS, AND MISUNDERSTANDING: EDUCATION IS KEY

P It is difficult to break misconceptions and correct misunderstandings.

B There was a time when a diagnosis of liver disease held a stigma. Frequently when people heard the words liver disease, they immediately jumped to the conclusion that alcohol was the causal agent. Fortunately today, through education and information, we have discovered that conclusion is far from correct.

C **Primary Biliary Cirrhosis (PBC)** is a chronic liver disease which causes inflammation and destruction of the small bile ducts in the liver. The disease progresses slowly but may

eventually result in excessive scarring of the liver which *may* lead to cirrhosis. PBC is neither alcohol nor drug related, and it is not contagious.

The confusion arises with the name Primary Biliary Cirrhosis. As the disease progresses, cirrhosis *may* occur after years of inflammation and damage to the liver. Due to early diagnosis, medication, and proper medical care, many PBC patients will never reach the cirrhosis stage. While there is no known cause or cure at this time, research continues to find new ways to treat PBC patients, slowing progression of the disease, giving

patients a better quality of life.

Education is the key to dispelling myths and misconceptions about liver disease and advancing early detection, more effective treatments, and eventually a cure for PBC and other diseases of the liver. Current studies suggest that PBC may involve autoimmunity, infection, or genetic predisposition, but it is not drug or alcohol related. Continued research and education is an important factor in communicating the truth about liver disease to the greater community.

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: _____

Thank You!

Please join us at one of the upcoming events
benefiting the Friends...

April 28, 2009

PLEASE JOIN US AT
TRATTORIA BRANICA'S
RESTAURANT & WINE BAR



Opening Party to
**BENEFIT THE FRIEND'S OF THE
SAINT LOUIS UNIVERSITY LIVER CENTER**

April 28, 2009
451 Kirkwood Road, Kirkwood, MO
Cocktails and Dinner 6:30 - 9:30 p.m.
\$60.00

Entertainment by Dawn & Arvell

RSVP to Leisa at 314-576-3078 or
lduff@friendsoftheslulc.org by April 20th

May 9, 2009

You're invited to join us
for a celebration of spring in the country

Saturday, May 9, 2009
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
Casual Attire

\$100 Per Person or \$750 for a table of 8
Please call for reservations by May 1, 2009 314-576-3078

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.

May 20, 2009



Philanthropizza!



Please join us at California Pizza Kitchen for a flavorsome fundraising
event. All you need to do is bring in this flyer on our scheduled date
and present it to your server when ordering. 20% of your check will
benefit the Friends of the SLU Liver Center. So come out and enjoy
something delicious from the CPK menu.
Your taste buds will thank you, and so will we.

St. Louis Galleria
314-863-4500

Chesterfield Mall
636-536-6910

West County Mall
314-909-0333

Creve Coeur
314-567-7835

May 20, 2009

Thanks for the support, we can't wait to see you!
Donation amount excludes proceeds from tax & gratuity.
Manager, please attach this flyer to the guest check.

Valid for dine-in and take-out only.

Event proceeds void if flyers
are distributed in or near the restaurant.

Benefiting the Friends of the SLU Liver Center
Please give this flyer to your server!



July 29, 2009
Cardinals vs Dodgers

INVITE YOUR FRIENDS AND FAMILY!!!

WHEN: Wednesday, July 29th, 2009 7:15 PM

WHERE: Busch Stadium

WHO: Cardinals vs. Dodgers

TICKET PRICE: \$25.00 AND \$32.00 each

**BENEFITING: \$10 from each ticket sold is donated to
the Friends of the Saint Louis University Liver Center**

CONTACT: Leisa for tickets
314-576-3078

Tickets are located in sections 129
(\$32 tickets), 363, 365 and 367 (\$25
tickets).

As you can see from the picture, Dr.
Bruce Bacon was probably dreaming
of being in the majors when he was a
"little slugger".

If we sell 500 tickets, Dr. Bacon gets
to throw out the first pitch—let's help
make his dream come true!



2008 Dress Up-Dress Down Events

*Dressed Up at The Great Gatsby
Lawn Party at Busch Mansion*

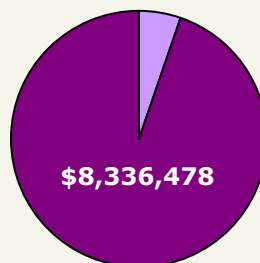


Dressed Down at Denim & Diamonds



Grateful patients, volunteers, sponsors, board members, and a long list of friends have helped raise over \$1.7 million for the Saint Louis University Liver Center, which is certainly something to celebrate! The funds help support the critical infrastructure of the Liver Center from faculty salaries to visiting professorships and patient-oriented seminars and research. By leveraging the donations of the Friends, the Liver Center is able to use the "seed money" as a match for larger grants from outside sources that generate **\$18 new dollars from outside the region for every \$1 raised locally.**

Return on Investment 18.0 2004-2008



■ **Initial Investment**
Seed Grant funding SLU
Liver Center Received from
Friends Organization

\$461,740

■ **Total Grant Awards**
SLU Liver Center
Acquired (Federal and
Foundation)

\$8,336,478

Weight Loss Improves Fatty Liver Disease, SLU Researchers Find

Study Discovers How Much Weight Loss is Needed to Make a Difference

In a recent study, Saint Louis University researchers found that weight loss of at least 9 percent helped patients reverse a type of liver disease known as nonalcoholic steatohepatitis (NASH), a finding that will allow doctors to give patients specific weight-loss goals that are likely to improve their livers. The finding comes from a study of the diet drug orlistat (also known as Xenical and Alli), which did not itself improve liver disease.

Brent Neuschwander-Tetri, M.D., a hepatologist at Saint Louis University Liver Center and study researcher said, "It's a helpful study because we can now give patients a benchmark, a line they need to cross to see improvement."

The study looked at patients with NASH, which is a type of liver disease characterized by excessive fat, causing inflammation and damage in the liver. Researchers set out to see if orlistat, which limits fat absorption, along with calorie restriction would lead to weight loss and im-

prove liver disease in overweight patients with NASH, which was determined by a liver biopsy.

Fifty patients participated in the study, with all instructed to consume a 1,400 calorie diet and vitamin E, and half also receiving orlistat for 36 weeks, at which time liver biopsies were repeated.

While orlistat itself was not linked directly to improved liver health, weight loss was, and, further, researchers were able to pin-point the percentage of weight loss needed to improve liver damage.

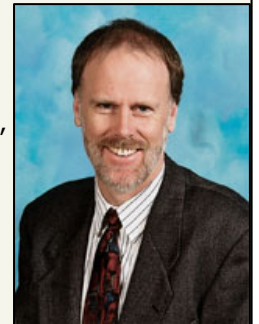
Patients who lost 5 percent or more of body weight over nine months showed improvement in insulin resistance and steatosis (fat accumulation in the liver), and those who lost at least 9 percent showed reversal of their liver damage.

The data about the drug orlistat was less clear. Those in the orlistat group lost 8.3 percent body weight and those in the other group lost 6 percent body weight, not a statistically significant difference. As for

liver disease, orlistat did not itself improve liver enzymes, measures of insulin resistance or reverse liver damage.

"The bottom line is that weight loss can help improve fatty liver disease," said Neuschwander-Tetri, who is a professor of internal medicine at Saint Louis University. "Now we know how much weight loss is needed for improvement, and we can give patients specific goals as they work to improve their health."

Published in the January edition of *Hepatology*, the study was conducted at Saint Louis University and Brooke Army Medical Center and was funded by Roche Pharmaceuticals, the maker of orlistat.



Brent Neuschwander-Tetri, M.D.

*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*



Bruce R. Bacon, M.D.

RESEARCH at the SLULC

Bruce R. Bacon, M.D. "The work that we have been able to do here at the Saint Louis University Liver Center, with the support of the Friends organization, has resulted in the cure of hundreds of Hepatitis C patients with medications that have not yet become commercially available and at no cost to the patient."

John E. Tavis, Ph.D. shares three areas of focus he is currently working on...

*We study hepatitis C virus (HCV) genetic sequences. The focus of this research is to



John E. Tavis, Ph.D.

learn how differences between different HCV viruses affect how it causes disease and to figure out how some HCV viruses resist antiviral therapy.

*We have found viral genetic patterns in the HCV genome that should help us predict who will or will not respond to antiviral therapy.

*We have identified a new RNA binding site on the key enzyme that copies hepatitis B virus DNA in cells, and we hope we can design drugs to attach this site.

Free Screenings

April–May–June, 2009 There will be free Hep C screenings, open to the public, in the states of MO, IL, TN and TX. For locations and information, please call 1-866-936-1999.

Free Screenings M-F 9:00 am–4:00 p.m at Special Design Health Care, 61 Doctors Park, Cape Girardeau, MO 63701 1-866-936-1999.

Special Thanks to the **Spears Foundation and Volunteers** which have made these free screenings available to the public. Over 10,000 people were screened in 2008!

Special Thanks to our newsletter sponsors!

SPECIAL DESIGN
HealthCare
"You'll feel good about the choice"

(573) 339-1999
(866) 936-1999

www.specialdesignhealthcare.com

fax(573) 335-7233

What's on the Calendar?

April 28, 2009—Branica's Opening Party to benefit the Friends

May is National Hepatitis Awareness Month in Tennessee

May 9, 2009—Strathalbyn Farm Club Spring Celebration

May 10, 2009—Hepatitis C Awareness Day in Missouri

May 20, 2009—California Pizza Kitchen Flavorsome fundraiser!

July 29, 2009— Cardinals vs Dodgers \$25 and \$32 tickets available

September 26, 2009— Denim & Diamonds at the Westport Sheraton

October is National Liver Disease Awareness Month

October 31–November 4, 2008 AASLD (Assoc. for the Study of Liver Diseases)

Saint Louis
University Hospital 
when it's
CRITICAL

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