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Meet our 2017 LIVEr Champion for the Liver Life Walks

At age 11 Latice was diagnosed with Auto-Immune Hepatitis. She remembers it being one of the scariest moments of her life and didn’t know why this was happening. Latice continued to live a fulfilling life, enrolling in culinary school, a lifelong passion of hers to be a pastry chef. Just before the end of school, she became extremely sick and received her first liver transplant. She was so grateful knowing most people have to wait years on the transplant list. Although at times it felt like she couldn’t even get out of bed, she made it to class, did her homework, and graduated on time. Six months later she became very ill once again, this time worse than last, and found out she needed a second liver transplant. She became an organ recipient for the second time thanks to her team of doctors at Rush. Today, Latice continues to fulfill her passion of being a pastry chef every day and is thankful for what she has.

Latice first attended the Chicago Liver Life Walk in 2011, when she received her first transplant. She brought with her a third cousin who was only seven at the time and who she had never met, but was also living with a liver disease. This was a powerful moment for Latice, meeting someone who was just like her when she was a little girl.

Latice has continued to participate in the Liver Life Walks and is honored to be chosen as the LIVEr Champion this year. Please visit Latice’s team page to help her meet her fundraising goal.

Secure Your Place in the Bank of America Chicago Marathon!

The ALF Great Lakes Division is proud to be selected once again as a charity partner in the Bank of America Chicago Marathon for 2017. This year is the 40th anniversary of the race and a limited number of spots will be available. While the early registration period has already closed, the ALF Great Lakes Division is offering guaranteed entries to the race with a fundraising minimum of only $1,500. All Team ALF runners will have access to incredible benefits and fundraising rewards.

Register here or email Tatiana with any questions!
Welcome New ALF Board Member: 

*Monica Chmielewski*

This month the ALF Great Lakes Division warmly welcomed new board member, Monica Chmielewski. Monica is a partner and health care lawyer with Foley & Lardner LLP with a focus on representing health care providers and pharmaceutical and medical device companies in the area of health care, health care transactional work, clinical research and food and drug law. She also serves as the co-chair of the firm’s Life Sciences Industry Team and vice chair of the firm’s Health Care Industry Team. Monica also has experience in the pharmaceutical industry, as she served as in-house regulatory counsel for Takeda Pharmaceuticals. Monica brings a wealth of experience as well as an interest and passion for patient-centered care. We are very excited to have Monica on our Board and we look forward to continuing our success with her help.

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**ALF Advocacy Alert**

The American Liver Foundation serves as a trusted voice for individuals living with liver disease. Its mission is to facilitate, advocate and promote education, support and research for the prevention, treatment and cure for liver disease.

Congress is currently debating significant changes to the healthcare system, including modifications that will impact private insurance expenses and accessibility. This debate has the potential to create many negative outcomes for individuals and families affected by chronic or costly medical conditions. If federal patient protections are ultimately removed or weakened, then many patients could be exposed to increased costs, medical bankruptcy, and lack of access to needed care or therapies. Lawmakers need to understand that the following “four pillars” are absolutely essential to patients and their families, and must be included in any relevant proposals or legislation.

- **Pillar 1: Prohibit pre-existing condition discrimination.** Individuals must be able to equitably access comprehensive healthcare coverage regardless of their health status, diagnosis, and related factors.
- **Pillar 2: Prohibit lifetime and annual caps on insurance benefits.** Any individual that purchases healthcare coverage must not be able to outspend that coverage and expose themselves to additional, unaffordable fees.
- **Pillar 3: Allow children to stay on family coverage until they are 26.** Families with affected members face unique and serious financial challenges and prolonged stability is essential.
- **Pillar 4: Limit out-of-pocket costs for patients.** Enacting and preserving no-nonsense restrictions that cap out-of-pocket costs is the best way to keep coverage equitable and accessible to all.

Members of Congress need to understand that their constituents expect them to maintain and strengthen patient protections in the healthcare system. **The best way to educate your Senators and your House Representative about your needs and earn their support is to make your voice heard.**

[Click here to send a message to your members of Congress!](mailto:your_email@example.com?subject=ALF Advocacy Alert & body=Your Custom Message)
“My name is Susan Green and I ran the Chicago Marathon in 2016. The weather was perfect and I had the most amazing time in Chicago. When I wasn’t selected for the 2017 Chicago Marathon lottery I decided to run for a charity. I chose The American Liver Foundation because of my niece Kaylee.

Kaylee was born in February of 2000. She was sent home like a normal child. Shortly after arriving home my sister received a call that she needed to return to the hospital. The doctors had detected a problem with Kaylee’s liver. After 3 weeks in the hospital, Kaylee was diagnosed with Biliary Atresia. She was in and out of the hospital for the next 11 months. The procedures and surgeries that they did to improve Kaylee’s liver didn’t work. The only hope was a liver transplant. There were quite a few rough times, but thankfully she had great doctors and nurses to help her through. At 11 months old she was fortunate to receive a liver transplant. Kaylee is currently enjoying good health and plays tennis for her high school. She is active in her church and a member of the National Honor Society. Kaylee says she is not a runner, but she beats me at every 5K we run together.

Kaylee wasn’t always a runner and neither was I. In 2012, I was in my late forty’s, I decided to start exercising and get in shape. I tried several different things, tennis, power pump, spin classes, but I didn’t enjoy doing any of them. I had never been a runner and thought I would give it a try. I signed up for a 5K and started training at the track using the Couch to 5K app on my phone. It was so motivating each training day to see I could run longer and longer, first 60 seconds, then 90 seconds then 3 minutes. It wasn’t long before I was actually running several laps around the track without stopping. The first 5K was tough but the support was amazing. My daughter ran with me most of the time even though I had to walk on several occasions. After I finished it felt like such an accomplishment. I had just ran/walked 3.1 miles. I continued training and ran my first half marathon in Oklahoma City in 2015 and ran my first marathon in Chicago in 2016.

I have such a great time running and love to share my joy of running with others. It has become a family tradition to run the local Thanksgiving day 5K before giving thanks for all we have. You don’t have to be young or fast to run races. Many races, including half marathons and marathons have time limits that allow for walkers. The participants and spectators at the races are very motivating and supportive. It doesn’t matter if you run or walk, or if you are fast or slow, if you are at a race at the start line, you are a runner.”

Join Team ALF in the Shamrock Shuffle & Chicago Marathon today!
Registration is Open for Liver Life Walks!

Join our Flagship Walk in Chicago!

Or a Community Walk in:
Northbrook, IL
Wheaton, IL
Oak Lawn, IL
Detroit, MI
Holland, MI (Sept. 23)

Wellness Webinar Series

The ALF Great Lakes Division is proud to offer a wide range of webinars for your viewing and learning pleasure! Topics range from an overview of hepatitis C, fatty liver and prevention, and healthy living and nutrition. To view past webinars, click here.

This month, the topic focuses on nutrition. Click here to view this video. Feel free to comment any questions below the video and they will be answered by the expert 2 weeks after the video is released. Other topics of the Wellness Webinars include mental health, disease management, alcohol, and more. Contact Sarah with any questions!

Upcoming Events

- Monthly Webinar Series—1st of every month—March: Nutrition
- Academic Debates—March 2
- Shamrock Shuffle—April 2
- Liver Life Walk—Saturday, June 10 in Chicago, Northbrook, Wheaton,
- Oak Lawn & Detroit
- Journeys—September 8
- Holland Liver Life Walk—September 23
- Chicago Marathon—October 8
- Town Hall Meeting—October tbd
Our FAVORITE Reads this Month

1. [Rare Disease Day](#) Puts Spotlight on Research & Awareness
2. WHO’s First-Ever List of the [Dirty Dozen Superbugs](#)
3. [US Organ Transplants](#), Deceased Donors Set Record in 2016
4. Inspiring [Fan Steals the Show](#) at NBA All-Star Weekend
5. [Fructose Linked to Liver Disease](#) in Children
6. 5th Grader With Liver Transplant Pushes [Healthy Living](#) at School

THANK YOU

Your donation helps us fight liver disease and promote liver health. We appreciate your generous support.

To make a donation, click [here](#).

Free Hepatitis C Screenings

Click [here](#) for testing sites near you.

Clinical Trials

Click [here](#) for clinical trials near you.

HepCCATT

Learn how HepCCATT expands and improves hepatitis C testing and care in Chicago. For more information contact [Isa Rodriguez](#).

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