



Your Liver. Your Life.

# American Liver Foundation Great Lakes Division

## Curb the ‘Step-Therapy’ Practice

By: Jacqueline Dominguez, Featured in *The Telegraph*

Anyone who struggles with chronic illness knows it’s hard to find the correct pain management treatment. People with liver disease need to be especially aware — everything we eat, drink and breathe is processed by the liver, including all the medicines we ingest. So, when an insurance company no longer approves the costs of a medication program that has been working, the struggle only deepens. Unless Illinois takes efforts to curb the practice of step therapy, insurance companies will continue to have the final say in a patients’ medical treatment regimen.

**The Telegraph**

To continue reading this article, click [here](#)

## May 2016 Newsletter

### Highlights:

- Level Up Badges
- New Board of Directors Members
- Webinar Series
- Marathon Openings
- Liver Lemon Dare to Care Challenge
- Pick Your Race
- Volunteer Openings

## Liver Symposium

Hosted by the  
**ALF GLD Medical Advisory Committee**

**Illinois Medical District Commission**  
2100 W Harrison St  
Chicago, IL 60612

**Thursday, May 26, 2016**  
**from 5:30 PM - 9:00 PM**



Save the date for our 2016 May Liver Symposium in Chicago! This event provides education for healthcare professionals, patients, and the general public and will include speakers on prominent topics in liver disease. There will be a free Hepatitis C screening associated with this event. The Liver Symposium is a bi-annual event hosted by the Medical Advisory Committee of the American Liver Foundation's Great Lakes Division. To register for this free event, click [here](#) or email [Sarah](#).

### Upcoming Programs & Events

[Liver Life Walk](#) **May 14**  
[Arlington Heights](#)

[Liver Symposium](#) **May 26**  
[Chicago](#)

[Liver Life Walk](#) **June 4**  
[Chicago](#)

[Liver Life Walk](#) **August 27**  
[Ann Arbor](#)

[Flavors of Chicago](#) **Sept. 12**  
[Gala](#)

[Liver Life Walk](#) **Sept. 24**  
[Holland](#)

[Bank of America](#) **Oct. 9**  
[Chicago Marathon](#)

## Level Up Badges



The American Liver Foundation, Great Lakes Division is proud to introduce a new fundraising reward initiative at all of our Liver Life Walks across Illinois and Michigan this year! Level Up Badges are awarded to individuals and team captains who meet goals if they are a Fundraiser, Networker, Promoter, or Team Builder.

In addition, we are providing extra recognition to walkers who meet their fundraising goal or are the Top Team Fundraiser & Team Builder for each individual walk!

Don't miss out on this year's Liver Life Walks in Arlington Heights, Chicago, Ann Arbor and Holland for a great time and even more rewards and incentives!

## Welcome, New Members of the ALF GLD Board of Directors !

### Mike Bullock

Mike has been a local business entrepreneur for nearly 18 years, bringing a wealth of experience in managing people, projects and budgets in both the nonprofit and for-profit sectors. He has always had a passion for healthcare advocacy and has seen first-hand the terrible effects of liver disease on both family and friends.

### Toni Feldstein

Toni was recently cured of HCV and is interested in creating awareness, being an advocate, and being of service to those who are affected by liver diseases or are free of the virus. Toni has over 15 years of experience in sales and fundraising in non-profit and for-profit sectors.

## Webinar Series Spotlight

Please join our upcoming webinars focusing on:

**Hepatitis C Overview,**  
*Dr. Ken O'Riordan,*  
Lakeshore  
Gastroenterology,  
(Wednesday, May 11th,  
12-12:30pm)

**Hepatitis C Treatment,**  
*Dr. Sujit Janardhan,*  
Rush University,  
(Tuesday, May 17th,  
12-12:30pm)

**Resources and Life Coaching for Patients and Survivors,**  
*Toni Feldstein,*  
Member of ALF GLD  
Board of Directors  
(Tuesday, May 24th,  
12-12:30pm)

To secure your spot in this free series, email [skoltun@liverfoundation.org](mailto:skoltun@liverfoundation.org) today! Check out our past webinars on our [YouTube Channel!](#)



## Last Chance to Run the Chicago Marathon!



We are proud to announce that we have been granted post-lottery Chicago Marathon spots! If you were not selected for the lottery or missed your chance – you can still run with us! Click [here](#) to register!

### Bonus “Mileage Run” Contest

This year’s Chicago Marathon could be even sweeter with our “Mileage Run” Contest. You can win up to 200,000 American Airlines AAdvantage miles by joining our team and raising at least \$5,000! Visit [Running With Miles](#) for more info!

## LLD2C

## Proud Member of HepCCATT

### What is the Liver Lemon Dare to Care?

The Liver Lemon Dare to Care is a campaign to bring awareness and raise critical funds to find cures and provide treatment to the millions of Americans that are affected by over 100 different types of liver disease



To check out an example of a Dare we caught on camera at the Shamrock Shuffle Expo, click [here](#).



### Get informed. Get involved.

Learn how HepCCATT expands and improves hepatitis C testing and care in Chicago.

For more information contact [Isa Rodriguez](#).

## Proud Charity Partner

of the Chicago Wolves & Community Health Charities of Illinois



CHICAGO WOLVES



COMMUNITY  
HEALTH CHARITIES<sup>SM</sup>  
ILLINOIS

## Volunteer Openings

### May 9-13 | Administrative Office Support

Join us at the ALF offices to help us stuff and send a mailing to over 1,000 prospective in-kind donors. We could benefit from your help for even just 1 hour between the hours of 9:00 AM – 3:00 PM.

### May 14 | Arlington Heights Liver Life Walk

We are looking for volunteers to join us at our Liver Life Walk in Arlington Heights at Lake Arlington Park from 7:00 AM – 12:00 PM to help us pull off an incredible, fun event! Email Brandon at [bcombs@liverfoundation.org](mailto:bcombs@liverfoundation.org) to register.

### June 4 | Chicago Liver Life Walk

We are looking for volunteers to join us at our Liver Life Walk in Chicago at Montrose Beach from 7:00 AM – 12:00 PM to help us pull off an incredible, fun event! Email Brandon at [bcombs@liverfoundation.org](mailto:bcombs@liverfoundation.org) to register.

## Our Favorite Articles this month:

1. [Child Travels Halfway Across the World for Rare Liver Surgery](#)
2. [A Guide to Outdoor Fitness Spaces in Chicago](#)
3. [Veteran Loses 25 Pounds to Donate Liver to Former Boss](#)
4. April is National Donate Life Month– [7 Truths About Organ Donation](#)
5. [18 Delectable Desserts Your Mom Will Love this Mother's Day](#)

## Clinical Trials

To view ongoing clinical trials in your area, click [here](#) and click on 'Clinical Trials'.

## Pick Your Race



The American Liver Foundation has a new opportunity for all those athletes out there: Pick Your Race to End Liver Disease! We are participating with some of Chicago's premier athletic events to help you raise funds.

Click [here](#) for more information!



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