NEWSLETTER
American Liver Foundation
Great Lakes Division
May 2017

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Register for your Free Monthly Get Fit E-Newsletter with Healthy Tips & More

Get Fit, a revolutionary workplace wellness program being piloted by the ALF Great Lakes Division, is currently serving over 2,500 people and over 500 businesses. The program is designed to be a wellness solution for workplaces of all sizes featuring customized, on-demand live education, high-quality, evidence-based materials, monthly programming opportunities, employee discounts and more. The newly released no-cost level offers the same high-quality educational and empowerment materials as the other levels, minus the hands on component. As a thank you for supporting the ALF Great Lakes Division over the years, we would like to offer you complimentary access to the program. To start receiving your complimentary Get Fit Wellness Materials as an individual or employee, click here. To register your business for any of the Get Fit campaign tiers or inquire about sponsorship opportunities, email Brandon.

Access the May Get Fit E-Newsletter here and subscribe here.

Don’t Miss Your Chance to Win $500 a Week for Life at the Liver Life Walks!

Fundraise to the occasion...

Win $500 a Week for Life!

Earn a lottery ticket for every donor that contributes to your fundraising efforts until May 15th! Learn More>

The ALF Great Lakes Division is proud to bring six Liver Life Walks to the states of Illinois and Michigan. The flagship Liver Life Walk of the Great Lakes Division will take place in Chicago on June 10th at Diversey Harbor. The remainder of Community Liver Life Walks will take place also take place on June 10th in Northbrook, Wheaton, Oak Lawn, and Detroit with an additional walk in Holland on September 23rd. Registration has already begun for all of the walks and participants are encouraged to create or join a team.

The Great Lakes Division is also excited to share a brand new fundraising incentive for ALL participants! Each registered walker has the opportunity to earn $500 a week through their fundraising efforts until May 15th. How it works: from now until May 15th, for each donor who donates at least $50 to your personal fundraising page, you will receive one $1 scratch-off lotto ticket ($500 a Week for Life, based on availability in IL or MI). All of the proceeds of your fundraising will go to the American Liver Foundation and if you do happen to receive a winning ticket, it is yours to keep or donate back to ALF. These incentives will be distributed at the Liver Life Walk and you must attend the walk to receive them. Register and start your fundraising today to help us raise the critical funding we need to fulfill our mission and possibly earn your chance at winning $500 a Week for Life! Please read all the rules of the contest here.
The Pracko family’s story of liver disease actually began in May of 2002 when they found out Amy’s mom had non-alcoholic cirrhosis, unfortunately she passed away in March of 2004. In 2008, Matthew, who was 5 at the time, was diagnosed with Alpha-1 Anti Trypsin Deficiency. That is when the Pracko family discovered the ALF as they were researching Alpha-1 trying to find out as much as they could. Since then the Pracko family has participated in the Liver Life Walks, and in 2012 Amy decided as a fitness goal to join the Liver Life Challenge. She had never run a day in her life, but as she watched her son being poked and prodded month after month without ever crying, she knew she could be brave and run 26.2 miles. The night Amy completed her first marathon, her husband asked if she would ever do it again, and barely able to move said she didn’t want to talk about it. The next morning she woke up thinking how she could run it faster the next year has never looked back. She runs with the same running coach, and without him it would not have been possible, let alone 5 marathons to date. He believes in his runners when they cannot believe in themselves and that is what gets you through it.

Amy’s Advice:
Find a great coach and listen to them every step of the way, they are there because they want you to succeed. Most of all, after all the training is complete and you cross that start line, remember to enjoy the journey that you have worked so hard to take. Whether you finish in 3 hours or 6 1/2 you won the minute you signed up to run the race.

Upper: Pracko family after Amy’s first marathon in 2012.
Lower: Matthew after completing the Chicago half-marathon in 2016.
Digestive Disease Week is an annual conference for hepatologists and gastroenterologists from around the world. The ALF Great Lakes Division Medical Advisory Committee is proud to kick-off the week by hosting a panel discussion the evening before about DAA in the treatment of HCV patients with advanced liver disease. This program will be moderated by Dr. Donald Jensen with debaters including Dr. Steven Flamm of Northwestern University and Dr. Norah Terrault of University of California San Francisco. The panelists include Dr. Nancy Reau of Rush University and Dr. Rocky Yapp of Digestive Health Services, both Medical Advisory Committee members for the Great Lakes Division. This event will include access to the Get Fit cocktail reception, dinner, and discussion. Register today or email Sarah with any questions!

When: Friday, May 5, 5:30pm
Where: Montgomery Club 500 West Superior Street

The University of Chicago Center for Asian Health Equity is proud to offer a CME event for medical professionals. “The goal of the Midwest Health Equity Conference is to provide an equal exchange of information and dialogue that focus on enhancing equity and increasing access to care for patients with HBV, HCV, liver cancer, and CRC in Chicago and the greater Midwest region. This educational intervention will present the most current, evidence-based information on the prevention and treatment of the target diseases, as well as health equity issues and solutions with the potential to increase access to care and decrease health disparities.” AMA Credits are available for attending. To learn more or register, click here.

When: Friday, May 12, 8am-5pm
Where: University Center 525 S. State Street
Upcoming Events

- Monthly Webinar Series—1st of every month—April: Financial Literacy
- Pre-DDW Kick-off—May 5th
- 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

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.

THANK YOU

Your donation helps us fight liver disease and promote liver health. We appreciate your generous support. To make a donation, click here.

FOLLOW US

AMERICAN LIVER FOUNDATION
GREAT LAKES DIVISION
20 W. KINZIE, 17TH FLOOR
CHICAGO, IL 60654
P: 312/377-9030
F: 312/377-9035
LIVERFOUNDATION.ORG/GREATLAKES

Our FAVORITE Reads this Month

1. Little Girl Receives Living Donor Transplant from Mother
2. Saints Superfan Receives New Liver
3. 3 Reasons You Crave Sweet or Salty Foods—Cleveland Clinic
4. 7 Reasons to Listen to Your Gut—Northwestern Medicine
5. The Health Benefits of Giving—Rush University Medical Center
6. May is Hepatitis Awareness Month