Dear Molly

Fall is here, and we are cooling down from our 2015 events; Flavors of Chicago, the Liver Life Walk Michigan, and the Bank of America Chicago Marathon. But, we are so excited for the Fall Liver Symposium. Your continued support and engagement help us create bigger and better events and develop more engaging education programs. Thank you for your commitment. To stay up to date on all upcoming events and learn more about volunteer and advocacy opportunities follow us on social media.

#LoveYourLiver

## Upcoming Events

- October 24: [Liver Symposium, Arlington Heights](#)
- March 3: Academic Debates
- April 3: Shamrock Shuffle

## Flavors of Chicago

Thank you to everyone who made the 2015 Flavors of Chicago a success! The nearly 300 guests, 23 Chicago Chefs and dozens of volunteers helped us exceed our $150,000 fundraising goal! Throughout the evening, guests donated in honor of Dr. Steve Flamm and Corrine Rossi.

Thank you to Corey McPherrin, our lively Emcee, for entertaining guests and making it a night to remember.

## Proud Charity Partner of the Chicago Wolves

### CHICAGO WOLVES

## Healthy Recipe of the Month

**QUINOA VEGGIE “FRIED RICE”**
Prep Time 10 minutes  
Cook Time 20 minutes  
Total Time 30 minutes  
Yield 4 servings  

**INGREDIENTS**  
- 2 tablespoons olive oil, divided  
- 2 large eggs, beaten  
- 2 cloves garlic, minced  
- 1 small onion, diced  
- 8 ounces mushrooms, sliced  
- 1 head broccoli, cut into florets  
  - 1 zucchini, chopped  
  - 1/2 cup frozen corn  
  - 1/2 cup frozen peas  
- 2 carrots, peeled and grated  
- 3 cups cooked quinoa  
- 1 tablespoon grated fresh ginger  
- 3 tablespoons soy sauce  
- 2 green onions, sliced  
- Sriracha, for serving  

**INSTRUCTIONS**  
Heat 1 tablespoon olive oil in a medium skillet over low heat. Add eggs and fry until cooked through, about 2-3 minutes per side, flipping only once. Let cool before dicing into small pieces.  
Heat remaining 1 tablespoon olive oil in a large skillet or wok over medium high heat. Add garlic and onion, and cook, stirring often, until onions have become translucent, about 4-5 minutes.  
Add mushrooms, broccoli and zucchini. Cook, stirring constantly, until vegetables are tender, about 3-4 minutes.  
Add corn, peas, carrots and quinoa. Cook, stirring constantly, until heated through, about 1-2 minutes.  
Add ginger and soy sauce, and gently toss to combine. Cook, stirring constantly, until heated through, about 2 minutes.  
Stir in green onions and eggs.  
Serve immediately, drizzled with Sriracha, if desired.

---

Volunteer Spotlight  
Heidi Haglund

---

Liver Life Walk Holland Michigan  

Our Liver Life Walk Made the front page of the Holland Sentinel!  

Congratulations to all of our Michigan Liver Lovers on exceeding our goal for the inaugural Liver Life Walk in Holland, Michigan. The walk was attended by 134 participants, forming 17 teams, who raised a total of $18,689. Thank you to all of our sponsors, volunteers and walkers who made this day a huge success! You can still donate to the Liver Life Walk Michigan. Click here for details.

---

Bank of America Chicago Marathon  

Team ALF geared up and ready to go on race day!  

Congratulations to the 2015 ALF Chicago Marathon Team! To date, the 31 participants on Team ALF raised $61,556, more than surpassing their goal of $45,000! Way to go team! There is still time to donate to help Team ALF run toward ending liver disease! Click here to donate today!  

Interested in joining Team ALF for the 2016 Shamrock Shuffle or the Chicago Marathon? Email Emily Jensen at ejensen@liverfoundation.org

---

Congratulations Chef Jimmy Jodoin of Jimmy's Place on winning our chef competition!  
Still want to donate to Flavors of Chicago? There is still time, click here now!
Volunteers Heidi Haglund and Amy Miller at the Liver Life Walk in Holland Michigan on September 26th.

Thank you so much to our Michigan Liver Life Walk Volunteer Walk Chair, Holly Haglund! We couldn't have made the day such a success without you! You are a true Liver Lover!

Webinar Series:

Register Today!

November 19: Session 5: HCV/HIV by Dr. David Van Thiel, Advanced Liver and Gastrointestinal Disease Center, LLC
December 10: Session 6: Cirrhosis by Dr. Sean Koppe, University of Illinois Chicago
December 17: Session 7: NAFLD/NASH by Dr. Bashar Attar, Cook County Health and Hospital System

Liver Symposium

Don't miss the Liver Symposium Saturday October 24th in Arlington Heights. It will be a fun morning full of liver education for the patient population, medical professionals and the public. The whole event is free, including free HCV testing! We are still looking for volunteers to help us make this event a success. Register here today, or contact Sarah Koltun for more information on volunteering: skoltun@liverfoundation.org or 312-377-9030.

Run for Team ALF

Check out our Board President, Dr. Donald Jensen, at mile 18 on race day.

You don't have to wait for our next Challenge event to help raise money for Team ALF! Get some friends together, fundraise, and sign up for one of Fleet Feet Chicago's awesome races! For more information on starting your own Challenge, contact Emily Jensen, ejensen@liverfoundation.org.

Rush University Medical Center Clinical Trials

Study Title: A Study to Evaluate the Efficacy, Safety and Tolerability of an Investigational Drug to treat Hepatic Encephalopathy. (This is an inpatient study.)

Your loved one may be eligible to participate in this study if he or she:

- Is 18-75 years old and in the hospital with confusion related to liver disease
- Has cirrhosis
- Has an elevated blood ammonia level
- Is NOT on kidney dialysis

Study Title: The Study of an Investigational Drug in Subjects Who had Hepatitis C Virus (HCV) Reinfection and Liver Fibrosis Following Orthotopic Liver transplantation for Chronic HCV Infection and Who Subsequently Achieved a Sustained Virologic Response Following anti-HCV Therapy. This study involves an investigational drug to treat fibrosis caused by Hepatitis C.

You may be eligible to participate in this study if you:

- Have had a liver transplantation
- Have liver fibrosis determined by liver biopsy
- Have been treated for Hepatitis C and have a negative viral load of 12 weeks after you ended treatment
- Are NOT on sirolimus (Rapamune)

Study Title: A Multicenter, Randomized Double-Blind, Placebo-Controlled Trial to Evaluate the Efficacy, Safety and Pharmacokinetics of Rifaximin 550mg in Subjects with Severe Hepatic Impairment and Overt Hepatic Encephalopathy. You may be eligible to participate in this study if you:

- Are male or non-pregnant, non-breast feeding female 18 years of age or older.
- Have had 1 or more episodes of overt HE associated with liver disease within the last 6 months.
- Have a MELD score of 19 or higher
- Do not have renal insufficiency requiring routine dialysis.

For more information on joining these trials contact Diana Giczewski at diana_giczewski@rush.edu
Unsubscribe from receiving email, or change your email preferences.

Plain Text

October 24: Liver Symposium, Arlington Heights
http://go.liverfoundation.org/site/PageNavigator/2015_symposium_main.html

March 3: Academic Debates

April 3: Shamrock Shuffle

Proud Charity Partner of the Chicago Wolves
http://www.chicagowolves.com/

Healthy Recipe of the Month
QUINOA VEGGIE "FRIED RICE"
http://damndelicious.net/2012/10/19/quinoa-veggie-fried-rice-and-a-giveaway/

Prep Time 10 minutes