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*Choosing healthy foods is a smart thing to do—no matter how old you are! Maintaining a healthy weight and getting needed nutrients is one of the most important things you can do towards a healthy lifestyle.*

*Our diets, activity level and go-go lifestyles can lead to putting on a few extra pounds. Over the courses of months and years, a few pounds here and there can add up. This can lead to certain medical conditions like Type 2 Diabetes, High Blood Pressure, Heart Disease & Strokes and Nonalcoholic Fatty Liver Disease (NAFALD). Twenty percent of school aged children and thirty percent of adults in the U.S. have NAFALD. It is the most common cause of “chronic” liver disease in the United States. If you are overweight, have diabetes or high cholesterol, or a family history of liver disease, you should make an appointment for a physical and talk to your doctor.*

*A talking liver—sounds odd, doesn't it?*

*But actually, your liver does communicate with you. If you eat a healthy diet, your liver “tells” you that you’re doing a great job. You get the message because your liver is able to function properly and, provided your overall health is good, you feel in great physical shape. If, on the other hand, you aren’t careful with your diet, your liver is defenseless. When you consume fatty or fried foods, and pile on the salt, your liver literally is under attack. Learn more about a creating YOUR healthy plate at <https://www.choosemyplate.gov/MyPlate>*

*Here's to eating healthy,*

*Juliane Swan*

*Director of Community Events, Rocky Mountain Division*



**ASK THE EXPERTS**

May 5th the American Liver Foundation is holding a free liver education program at University of Colorado Hospital covering Live Donor Liver Transplantation, Loco-Regional Therapies for Liver Cancer, New Therapies for NASH, PSC/PBC and more.

**MORE INFO**





## FLAVORS OF DENVER

Flavors is a culinary experience that goes beyond the traditional gala providing guests with a unique dining experience prepared tableside by top local chefs. Taking you beyond the usual restaurant fare, the evening showcases signature dishes and out of this world pairings. Join us May 17th at the Hangar at Stanley.

[MORE INFO](#)

## ASK THE EXPERTS

June 23rd the American Liver Foundation is holding its first free liver education program in Vietnamese on Hepatitis B and Liver Wellness at Kings Land Chinese Seafood Restaurant.

[MORE INFO](#)



## ASK THE EXPERTS

June 30th the American Liver Foundation is holding a free liver education program at Children's Hospital Colorado where we will explore Autoimmune Hepatitis, PSC, New Therapies for Hepatitis B & C, Surgical Management and the Importance of Adherence.

[MORE INFO](#)



**LIVER LIFE WALK**

Join us at Philip S. Miller Park in Castle Rock on September 9th as we change the face of liver disease. Help us bring awareness and raise funds to support our programs and patient services offered to the millions of people battling one of 100+ liver diseases.

[MORE INFO](#)



*Please meet our **Medical Advisory Committee (MAC)** doctors that volunteer their time to share their expertise and skills at the American Liver Foundation Rocky Mountain Division.*

*Dr. Michael Narkewicz, CHAIR   Dr. Thomas Trouillot   Dr. John Goff, NMAC*

*Dr. Bahri Bilir   Dr. Clark Kulig   Dr. Elizabeth Pomfret   Dr. James Burton*

*Dr. Shikha Sundaram   Dr. Marcelo Kugelmas   Dr. Barbara Piasecki*

*Dr. Todd Sheer   Dr. Karin Cesario   Dr. Gerond Lake-Bakar*

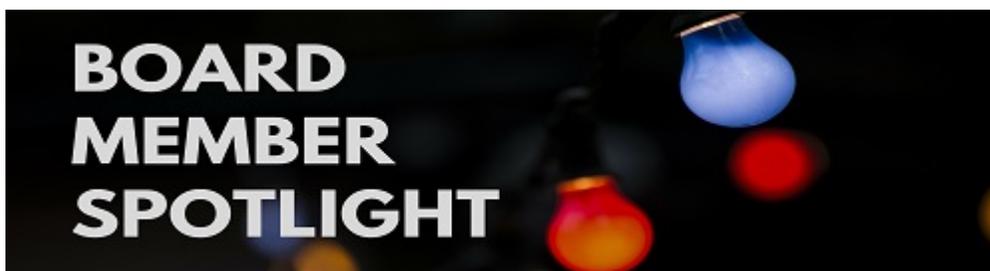
*Check out our [DOCTOR NOTES](#) section written by members of the Rocky Mountain Division Medical Advisory Committee and our partners in the liver community.*



## 2018 Flavors of Denver LIVER Champion

### *Melinda's Story*

*I remember getting the call. The transplant team had found a live liver donor that was a match. My heart skipped a beat, I asked my coordinator to repeat it. I could hardly take a breath before I started to sob. My husband held me and we thanked God. Who is this person? We had been waiting for 7 months for this call. Every time we saw the transplant number on my phone we assumed it was news that another donor was denied. I wasn't hopeless at that point as I wasn't waiting as long as others but my symptoms had halted my life. I was in palliative care and things looked grim. I am blessed to say I had many people wanting to help me. After learning, one by one, that the dozens of people I had contact with were denied, I wasn't sure where we stood and if there was anyone left on the list at all. [Click Here to Read More...](#)*

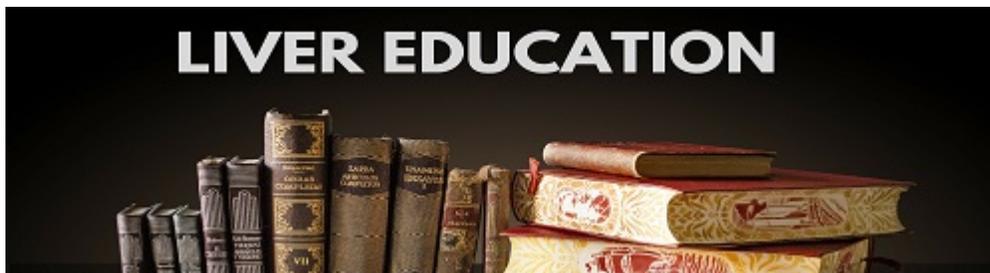


## **Meet Guy Thomas!**

*I became involved with the American Liver Foundation for professional and personal reasons. Professionally, I wanted to give back to the community by volunteering time and contributing through financial contributions with an organization committed to improving the health and wellness of my community. I pursued that pathway through participation with the American Liver Foundation (ALF) first as a walk participant in the annual Liver Life Walk in Denver, CO about nine years ago. I subsequently sought greater involvement by joining the ALF Rocky Mountain Division's Board of Directors. I also currently serve on the National ALF Board of Directors. I enjoy the opportunity to work with like-minded volunteers and ALF staff members to spread awareness about liver disease education, prevention, treatment, and research activities. My employer supports this type of contribution to the community.*

*Personal reasons also factor into my affiliation with ALF. My father in law passed away about 10 years ago from liver cancer. Following his diagnosis and eventual passing, I reflected on how little awareness I and other family members had about diseases of the liver. I do not have a clinical background but through public health campaigns, event announcements and advertising I was aware of a variety of other diseases prevalent in the community. Liver disease was not a part of my sphere of awareness of health afflictions. I wanted to change that, which led to my involvement in ALF. I am not a wealthy benefactor nor do I foresee becoming one in the future. However, I can make modest financial contributions and donate my free time to help advance the mission of the American Liver Foundation. Every time I participate in an event, make a contribution in some fashion or hear stories of advances in research and treatment for individuals with liver disease, I am reminded why I give. It feels good.*

*-Guy Thomas Executive Director, Network Development/ Contracting, Kaiser Foundation Health Plan of Colorado*



*Ask the Experts are free liver education programs intended for patients, family members, caregivers, students, medical providers and the general public. There is no fee to attend, but registration is required. Here are a couple of Ask the Experts coming up:*

***-May 5, 2018 at University of Colorado Hospital, 12605 E. 16<sup>th</sup> Ave., Aurora, CO 80045 in the Bruce Schroffel Conference Center Auditorium from 9 a.m. to 11:45 a.m.***

*Top UCH Doctors will address:*

*Review of Current Organ Allocation: MELD, Treating HCV and Share 35 with Dr. James Burton*

*Living Donor Liver Transplant with Dr. Elizabeth Pomfret*

*Donor Evaluation with Dr. Whitney Jackson*

*New Therapies for NASH with Amanda Wieland*

*Loco-Regional Therapies for Liver Cancer with Dr. Thor Johnson*

*New Therapies for PSC/PBC with Dr. Lisa Forman*

**-June 23, 2018 at Kings Land Chinese Seafood Restaurant, 2200 W. Alameda Ave. #44, Denver, CO 80223 from 10 a.m. to 12 p.m.**

*This program is our first program in Vietnamese and will address Hepatitis B and Liver Wellness & Compliance followed by a family style lunch*

**-June 30, 2018 at Children's Hospital Colorado from 9 a.m. to 12 p.m.**

*Top Children's Hospital Colorado Doctors will address:*

*Autoimmune Hepatitis and PSC with Dr. Cara Mack*

*Hepatitis B and C: New Therapies with Dr. Michael Narkewicz*

*Surgical Management of Chronic Liver Disease with Dr. John Roach*

*Getting to a plan of care that you can do: Adherence and Input—The Secret to Better Outcomes with Dr. Elizabeth Steinberg and Dr. Cindy Buchanan*



**Meet one of the Volunteers for the Rocky Mountain Division!**

**Why Gisselle Volunteers:**

*Last year I didn't know what it meant to volunteer. One day I got an email to participate as a volunteer in Flavors of Denver so I decided to apply. A few hours later I received an answer from the American Liver Foundation and I started my first volunteer event. I did not know what I had gotten*

*myself into so I was really nervous. When I arrived and I saw the magnitude of the event I became even more nervous and it didn't help that it was broadcasted on television with a lot of great chefs in a great venue. I had not done anything related to this before but by the end I was very happy and motivated to participate in more volunteer events. That was a beginning of a change in my life.*

*[Read More Here](#) - Gisselle Rovira*

*We have many ways and opportunities to get involved in the American Liver Foundation and to give back to the community while making new friends!*

*Below are the opportunities available for the Rocky Mountain Division:*

*Flavors of Denver- [Click Here to Sign Up](#)*



*Thank you to our PRESENTING SPONSOR of 7 years for Flavors of Denver: Your Hometown Toyota Stores*

*Toyota Global Vision:*

*Toyota will lead the way to the future of mobility, enriching lives around the world with the safest and most responsible ways of moving people.*

*Through our commitment to quality, constant innovation and respect for the planet, we aim to exceed expectations and be rewarded with a smile.*

*We will meet challenging goals by engaging the talent and passion of people, who believe there is always a better way.*

*To learn more, click [HERE](#)*



*Thank you to our Silver Sponsor for Flavors of Denver University of Colorado Hospital*



*HUGE shout out to Mark's Diamonds for hosting our first Diamond Grab for Flavors of Denver. Mark's Diamonds is the place to go for stunning fine jewelry with a variety of gorgeous engagement rings, bracelets, earrings and more! To learn more click [HERE](#)*



*On March 11<sup>th</sup> I left for Washington D.C. to participate in the American Liver Foundation's 4<sup>th</sup> Annual Advocacy Day on Capitol Hill. I wasn't sure what to expect and to be perfectly honest I was a bit nervous knowing that I would be speaking to our Senators and Representatives about the American Liver Foundation and representing patients with liver disease. I flew out with our Rocky Mountain Division Board President Janet Rost who is a liver transplant recipient and HEP C*

*survivor. She attended Hill Day in 2017 and that put me more at ease. Upon our arrival we met up with sixty plus liver patients and ALF staff members from across the country. It was empowering! After our training session on Monday we marched to the Capital together on an early, chilly Tuesday morning. I would like to say THANK YOU to our Colorado Senator's Michael Bennet and Cory Gardner for meeting with myself and Janet. As well as a HUGH SHOUT OUT to our Representative's Mike Coffman and Ken Buck.*

*We shared with them our 2019 legislative priorities regarding research on liver diseases and to continue funding the National Institutes of Health and continue to support the Congressionally Directed Medical Research Program at the Department of Defense. We discussed patient access and treatments by asking for co-sponsor support on four bills.*

- 1. The Access to Marketplace Insurance Act (H.R. 3976) allowing charities to continue to provide cost-sharing assistance to individuals facing serious and life-threatening conditions.*
- 2. Patient's Access to Treatments Act (H.R. 2999) to ensure that an individual cannot face cost-related barriers to care by having unnecessary expenses inappropriately shifted to the patient.*
- 3. Restoring the Patient's Voice Act (H.R. 2077) to ensure that a patient cannot be switched onto a different product from the medication prescribed by their physician without proper notification and opportunities for remediation.*
- 4. Cancer Drug Parity Act (H.R. 1409) to ensure that site of care and related issues do not generate inappropriate and untenable out-of-pocket expenses which are incredibly disruptive and burdensome for families battling cancer.*

*Our requests were well received and we hope to see the bills move forward. This day in D.C. was a great way to provide our lawmakers with real everyday stories from liver patients. Sharing your story does make a difference. If you're interested in receiving more information on becoming a patient advocate please call us.*

*Juliane Swan  
Director of Community Events, Rocky Mountain Division*

