In this Issue:

- A Focus on Health
- Upcoming Events
- Liver Corner
- Special Event Update
- Board Member Spotlight
- Liver Education
- Get Involved
- Advocacy Alert
- Follow Us

July 28, 2018 is World Hepatitis Day! Millions of people are living with viral hepatitis and don't even know it. As one of the biggest global health threats of our time we all must take a stand and get tested to eradicate Hepatitis all together. Now is the time to raise awareness and influence real change! As the “silent killer” in our communities, Hepatitis C is just one of three of the most common viruses that attacks your liver. It is important to know that each type of Hepatitis is transmitted differently but each can be detected through blood tests. Do you know your Hepatitis ABC's?

For more information about Hepatitis Awareness month, please [CLICK HERE](#)
Upcoming Events

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 pediatric focused liver education program at Children’s Hospital Colorado covering Medical and Surgical Treatments and Living with Chronic Liver Disease

MORE INFO
**ARE YOU TOUGH ENOUGH?**

Challenge yourself at the Aspen Snowmass Tough Mudder on August 25th and 26th and get a little dirty. Jump out of your comfort zone on the American Liver Foundation team at the Tough Mudder Colorado 2018!

MORE INFO

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**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

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**Marine Corps Marathon**

October 28, 2018

LiverLifeChallenge.org/MarineCorpsMarathon

MORE INFO

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**MARINE CORPS MARATHON**

Join the American Liver Foundation team at this year's Marine Corps Marathon in Washington DC on October 28th! Perfect for first-time marathoners and avid runners. Run with purpose and finish with pride!
With World Hepatitis Day coming up in July, we thought it would be best to share an article written by our Flavors of Denver 2018 Peak of Excellence Award winner Dr. Gregory T. Everson.

Dr. Everson wrote an article that was published in the September 2016 Journal of Hepatology. His editorial focuses on a paper that suggests that once a person on the waiting list is cured, there is a chance that the listed person could improve to the point of delisting and potentially avoiding liver transplant. His editorial discusses the PROs and CONs of the article and provides perspective on the issue. Read the article [here](#).

Check out our other [DOCTOR NOTES](#) and see what else we have available!

Meet our 2018 Liver Life Walk Rocky Mountain Liver Champion and Liver Hero,
Manny Alvarez and Aaron Whalen

There are always two sides to the story when it comes to any transplant! Both are life changing and touching.

Manny’s Story:
In 2010 Manny was only two & a half months old when he was diagnosed with biliary atresia. Very soon after he was diagnosed he had his first surgery called the Kasai procedure. His first years of life were tough as he was frequently having to get flown to Children’s Hospital. It seemed like something was always wrong. Year after year things didn't get any easier.

The year of 2017 was a tough one, several hospitalizations later his doctor gave us the news that he needed a new liver. Even though I knew the day would come it really hit me. We were very scared. On January 2, 2018 we had another trip to our local emergency room, resulting in another flight & hospitalization at Children’s. On January 16th we received the news that he was on the transplant list.

On February 1st only 2 weeks later I received the call. I could hardly believe what I was hearing. While we were in the hospital waiting for his recovery we sent the donor a thank you card & we will always be extremely thankful for what he did. We received a letter back & in it was his phone number. This made us so happy we called him almost immediately. We got to finally meet him & he was just like we imagined & more. We expressed how thankful & that words will never be enough to repay him for what he did.

-- By Karina Estrada, Liver Champion Mom

Aarons Story:
I moved to Colorado in June 2017 from Wisconsin and fell in love with Colorado instantly. One day I was reading an article and it mentioned that you can donate a piece of your liver to someone and it would grow back. I was amazed at that idea. My mother donated a kidney to a family friend and she really felt good about that whole process.
Nobody I knew needed their life saved but I thought now would be a good time in my life to donate.  
I went to the hospital and met the liver transplant team at UChealth who are all incredible. They asked if I had any requests and I said that if it was possible I wanted to donate to a child. The doctors did their tests and found that I was healthy enough to donate and that's when we found the recipient and the date was set for surgery.  

People would ask me every day why I was doing this and it boiled down to one simple thing: I’ll be uncomfortable for a few weeks but a child will have the opportunity to live an entire life. The more I thought about it the more I knew this was something I wanted to do. Kids deserve a chance and if we all get together we can get these kids off the waiting list for organs. --By Aaron Whalen, Liver Hero

It is stories like this that can change the world.

Why am I involved with the American Liver Foundation?

In the fall of 2011, I fell into End Stage Liver Disease (ESLD) from having Hepatitis C for over 30 years. I was unaware I even had Hep C for the first 19 years and got it from a blood transfusion after a near fatal auto accident.

I received a life-saving liver transplant in May 2012 and eventually was cured of Hep C. The sneakiness of liver diseases is frightening to the patient who wakes up one day and finds out they have something that will eventually kill them and for many, the only resolution is a transplant. And then the thought of a transplant in and of itself is terrifying when you first hear those words. I had the ‘thrill’ of hearing from a doctor to do my bucket list and do it fast, which is something one NEVER wants to hear!

My involvement with the American Liver Foundation is fueled by a desire to help patients living with liver disease and to assist those who are needing a transplant. Spreading the knowledge and awareness of liver disease and the various treatments and cures has become a lifetime passion. I’ve helped several people facing transplant find live donors, I’ve helped over a thousand people fight to get insurance approval to be able to get cured of their Hepatitis C and will be joining the National Patient Advisory Committee to represent those suffering from Hepatic Encephalopathy (one of the unfortunate side effects I suffered while in ESLD). I volunteer, speak to various
audiences, raise money and have travelled to Washington D.C. to speak to legislators about the importance of the ALF’s mission.

-President of the Rocky Mountain Division Board, Janet Rost

Janet and her husband Kyle Rost

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 our upcoming Ask the Experts Programs:

-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 at Kings Land Chinese Seafood Restaurant

-June 30th at Children’s Hospital Colorado, 13123 E. 16th Ave., Aurora, CO 80045 in the Mt. Vale Room / Childcare is provided in Creative Play from 9 a.m. to 12:00 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. Fritz Karrer
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

Without our dedicated volunteers we couldn’t complete our mission to facilitate, advocate and promote education, support and resources for the prevention, treatment and cure of liver disease. We sincerely thank each and every one of them for support!

Are you looking to help make a difference? Come volunteer with us and help support our cause to eradicate liver disease! Together, we are stronger.

Below are the opportunities available for the Rocky Mountain Division:
Liver Life Walk Rocky Mountain- Click Here to Sign Up

The American Liver Foundation Rocky Mountain Division is part of an advocacy organization called the Chronic Care Collaborative (CCC). The Chronic Care Collaborative is the guiding voice, made up of 35 leading, voluntary health organizations within the state whose main purpose is to advocate, inform and educate regarding health policy issues that affect people living with a chronic disease. The CCC influences policy, shares information, promotes prevention and wellness, and provides a forum that
ultimately benefits people living in Colorado. The CCC is dedicated to improving access to quality, affordable, and integrated healthcare.

The Collaborative meets monthly to discuss policies important to member organizations and their constituents. The CCC advocates at the Capitol to the State General Assembly every year on Chronic Disease Awareness Day where we educate legislators about the burdens of chronic disease on families, budgets, and people’s lives. We also connect legislators with their constituents who live with or care for someone with a chronic disease. The Collaborative also engages many stakeholders across the healthcare spectrum from insurance plans, hospitals, primary care providers, and Connect for Health Colorado the state based marketplace.

The Collaborative is currently working together to start a CCC in the state of Wyoming in order to discuss opportunities to collaborate in the advocacy arena in Wyoming.

If you are interested in sharing YOUR voice and you're ready to be an advocate for yourself and those that are not able to do so...then email me at jswan@liverfoundation.org and we'll connect. Your voice IS important!

- Juliane Swan, Director of the Rocky Mountain Division

Follow the Rocky Mountain Division Today!