

# DECEMBER 2018 NEWSLETTER

Rocky Mountain Division



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The days of invasive and painful liver biopsies are over. Grand Junction gastroenterologist, Dr. William Shields is the first in Western Colorado to acquire the FibroScan, an ultrasound device that assesses the severity of liver disease. This non-invasive device can obtain the same results as a traditional biopsy within 10 minutes, making it more convenient and less stressful on the patient.

[READ MORE](#)

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## Ask A Doc



### Ask The Experts

JANUARY 17, 2019 @ PRESBYTERIAN/ST. LUKE'S MEDICAL CENTER

The American Liver Foundation is hosting a FREE liver education program in Denver. Come learn about non-alcoholic fatty liver disease, liver cancer and more. Join this exciting opportunity for a Q&A with doctors.

[CLICK HERE FOR INFO](#)

## Flavors of Denver

MAY 16, 2019 @ WINGS OVER THE ROCKIES

Flavors is a unique dining experience provided by Denver's top chefs. Come be a part of this evening showcase and go beyond your usual restaurant fare with dishes to win your heart and appetite.

[CLICK HERE FOR INFO](#)





# LIVER CORNER

With the holiday season upon us, we all love to indulge in the traditional holiday delights: hot cocoa, apple cider, and of course eggnog. And although the holidays are occasions for fun and celebrating, alcohol plays a big role in the winter time festivities. Drinking during the holidays is a relatively normal practice, but an

abundant intake can lead to more severe problems. According to The Distilled Spirits Council of the U.S., a quarter of the \$49 billion (per year) industry's profit is made between Thanksgiving to New Year's Day alone. Even moderate consumers tend to increase their drinking behaviors during this season.

**Dr. Todd Sheer**, from *Centura Health Physician Group Southwest Gastroenterology*, discusses the negative implications of binge drinking on our liver and other alcohol related liver diseases in this brief Q&A. [Read it HERE!](#)

Be safe during this holiday season and remember to be kind to your liver.

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

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One person's voice, **your voice**, can reach thousands through the power of social media. Help the American Liver Foundation spread the word about Liver Health. Take 5 minutes to create a "Facebook Fundraiser" and share what liver disease and the American Liver Foundation mean to you.



### How to Create a "Facebook Fundraiser" in 5 Easy Steps:

1. Login to Facebook
  - **From a Computer:** Click the FaceBook **photo above**, or visit FaceBook and click on "Fundraising" in the left column on the Facebook home screen.
  - **From an Android/iPhone:** Click on the "hamburger" image (it looks like three lines stacked on top of each other and should be located on

the top or bottom right hand side of the screen). Scroll down, click on “Fundraisers”.

2. Select “*Raise Money for a Nonprofit Organization*” and type “*American Liver Foundation*” for ALF to appear.
3. Decide on the fundraising goal, type of currency, and end date of your campaign.
4. Tell your story by customizing the title and editing the descriptive paragraph and click “*Create*”.
5. Follow the prompts to share your “*Facebook Fundraiser*”



**Not on Facebook?** Visit our [Make a Difference](#) page to create a fundraising webpage and use email or other social media outlets to share your story.

This year during Liver Awareness Month we focused on Liver Cancer, one of the few types of cancer that is on the rise. Annually, in the U.S., about 33,000 people get liver cancer, and about 26,000 people die from the disease. Funds raised will allow us to further our mission to promote education, advocacy, support services and research for the prevention, treatment and cure of liver disease.

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### Why I Am Involved in ALF

My journey into being involved with the ALF has been different from most. Those that I have come in contact with have either been affected by liver disease themselves or have someone near to them that was afflicted by liver disease in some way. I have had the distinct privilege of being a nurse for 24 years that has cared for patients that suffer from liver disease. During my tenure as a nurse I have seen hundreds of patients make their way to liver transplantation. The outcomes are not always as we

would have hoped them to be – but there is certainly the hope that each patient's quality of life will improve with the gift of life.

I have also witnessed the wonderful procedure of live liver donation. This procedure has changed so many lives, both as recipients and as donors. The selflessness of the donors has been inspiring to watch. One of the most rewarding things I have experienced is the cure of a chronic liver disease. I did not think I would see a cure for Hepatitis C during my professional career. This has been an evolution of patients taking interferon shots that made them so sick to taking a pill once a day for 8 weeks and clearing the virus. What an advancement in medicine!

I have had the privilege of being a board member for our local ALF and I am in awe of the dedication I have seen with volunteers, doctors, families and patients dealing with the ravages of liver failure. I am grateful for the opportunity to participate for a brief time in the care of an amazing patient population. I hope to never take for granted that they have entrusted us with their care.



*Cathy Ray, RN*



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:

**When:** Thursday, January 17, 2019 @ 5:00-7:00PM

**Event Location:** [Presbyterian/St. Luke's Medical Center](#) 1719 E. 19<sup>th</sup> Ave. Denver, CO 80218  
(Colorado North Auditorium)

### Program Topics

- Non-Alcoholic Fatty Liver Disease/NASH in Adults and in Adolescents with *Dr. Barbara Piasecki at Kaiser Permanente*
- Liver Cancer with *Dr. Clark Kulig at Presbyterian/St. Luke's Medical Center*
- Hepatitis C Update in Adults and Kids with *Dr. Thomas Trouillot at Colorado Gastroenterology*
- Alcohol Induced Liver Disease with *Dr. Clark Kulig at Presbyterian/St. Luke's Medical Center*

[REGISTER HERE](#)

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Without our dedicated volunteers we couldn't complete our mission to promote education, advocacy, support services and research for the prevention, treatment, and cure of liver disease. We sincerely thank each and every one of our volunteers for their 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:

**Flavors of Denver 2019** - [CLICK HERE TO SIGN UP](#)

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Follow the Rocky Mountain Division Today!



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**Happy Holidays,**

*Juliane & Cat*

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Denver, CO 80222  
303-988-4388

Call the HelpLine at  
1-800-GO-LIVER (465-4837)  
M-F / 9AM - 7PM EST  
LiverFoundation.org

