

MEDICAL BRIEFS

Food and mood

Women's Health Services of Saint Joseph Mercy Health System Ann Arbor will present *Emotional Eating: The Food and Mood Connection* 7-8:30 p.m. Thursday, April 26, at the Saint Joseph Mercy Health Center, 1600 S. Canton Center Road, Canton.

"Women in the United States spend countless amounts of time, money, emotional energy and mental preoccupation in the pursuit of thinness. Therefore, we wanted to offer a discussion on an often overlooked aspect of weight management — emotional eating," said Rochelle Kostant, a social worker with SJMHS and featured speaker.

Participants will learn the ways in which overeating can become an unhealthy coping style for dealing with emotional stress. They will also learn how to develop healthier strategies for channeling emotions.

Cost is \$5 per person and registration is required. Call (800) 231-2211 or (734) 712-6400 to register.

Laser Vision

The University of Michigan Kellogg Eye Center will host a free educational presentation on laser vision correction procedures 7-8:30 p.m. Tuesday, April 24, at the U-M Center for Specialty Care, 19900 Haggerty Road, Livonia.

The presentation, titled *Laser Vision Correction: Am I a Candidate?*, will be led by Dr. Jerome I. Finkelstein of the U-M Department of Ophthalmology and Visual Sciences. He will discuss:

- Refractive errors — nearsightedness, farsightedness, and astigmatism
- Corrective options
- Appropriate candidates for refractive surgery

■ Risks associated with surgery
 ■ New approaches on the horizon
 For more information about the presentation, call (734) 432-7811. For information specifically regarding vision correction procedures, call (734) 615-6914.

Heart failure treatments

A half-hour prime time program, *Minds of Medicine: Heart*, will air at 8:30 p.m. Thursday, April 19, on WKYZ-TV Channel 7. The program is part of a series locally produced in cooperation with station and Henry Ford Health System.

Minds of Medicine: Heart will feature Sandra Schiffer, 59, of Madison Heights and her battle with congestive heart failure. Her debilitating condition was not responding to medications and doctors treatments when she came to the Henry Ford Heart & Vascular Institute to participate in a study called the Miracle Trial for Heart Failure. She received a biventricular pacemaker.

"Today, five million Americans suffer from heart failure, a condition in which a weakened heart cannot pump enough blood to meet the body's demands," said Dr. Claudio Schuger, director of Cardiac Electrophysiology. "Well over 50 percent of heart failure patients will die within five years of diagnosis. That's why new technology such as biventricular pacing, which helps the heart beat regularly and efficiently, is so important."

During the show, researchers discuss another high-tech device being developed for heart failure patients. Also, viewers go behind the scenes in the Cardiac Electrophysiology Lab and the Cardiac Catheterization Lab to see how doctors and nurses are using the latest technology to treat heart conditions.

Viewers may participate in an on-line chat with physicians and nurses featured on the show. The chat will be held from 8:40-9:40 p.m. at henryford.com

THE GIFT OF LIFE

April is Michigan donor awareness month

BY RENEE SKOGLUND
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Mike Cosgriff, 60, has a big heart. The Farmington Hills resident is a firm believer in the Transplantation Society of Michigan's Gift of Life program and campaigns ardently throughout the area for donor awareness. He's on the board for the Recipient Advisory Committee for the Gift of Life and is involved in various transplant support groups at Henry Ford Hospital. He is also the recipient of a heart transplant.



STAFF PHOTO BY BILL BEZLER

Thumbs up: After two false runs to the hospital, the third heart proved a perfect match for Mike Cosgriff of Farmington Hills.

After years of enduring heart failure so severe he could barely walk, Cosgriff received a new heart in November 1994 from a young man who died in his teens. Nine days after his transplant, Cosgriff felt like a new man.

"I thought, this new heart, my gosh, I should have done this years ago. I felt like 17 years old," he said. John Ioanou, 46, of Livonia received a kidney from his brother 10 years ago because of kidney failure due to type 1 diabetes. Last July, prompted by his nephrologist to "cure" his diabetes, Ioanou underwent a pancreas transplant at the University of Minnesota. The donor was a 28-year-old man who died from a stroke. Words cannot express Ioanou's gratitude to his brother and the pancreas donor's family.

"I don't think you can force anybody to be a donor," he said. "Those people who choose to do that are a godsend. This conversation would not be possible if someone had not given up an organ."

Cosgriff and Ioanou are lucky. According to the Gift of Life Agency of Michigan, 16 Michigan residents will die this month for lack of a donor organ. Many potential donors won't donate because they failed to discuss organ and tissue donation with their families before they die. As of March 1, there

were 2,463 people in Michigan waiting to receive a life-saving organ donation.

But the waiting list is not about statistics; it's about people like Cosgriff and Ioanou. Here are their stories:

A new heart

Mike Cosgriff's first sign of heart disease came near Thanksgiving of 1990. He was sitting at his kitchen table when he got an uncomfortable "funny" feeling in his neck.

"I went into the bathroom to splash water on my face. I closed the door, and the next thing I knew I was on the floor. The pain going through my jaw and neck was unbelievable."

Cosgriff's wife drove him to the emergency room at Providence Hospital in Southfield. Enzyme tests revealed he had a heart attack. The following morning, during a heart catheterization, Cosgriff's heart stopped beating and his lungs collapsed. He was in a coma for 12 days.

Once 240 pounds, Cosgriff was now 100 pounds less. He was too weak to sit up. Genetics (his father died of heart disease at age 45, and his brother died of a massive heart attack at 39) and 30 years of smoking had caught up with him. It would be three months before he gained enough strength to undergo triple bypass surgery.

Over the next few years, Cosgriff's breathing difficulties worsened. He could no longer sleep on his left side or walk up the stairs. One sleepless night, he walked into his living room and leaned back against the wall. Only then could he breathe.

His doctors delivered their final diagnosis: Get a transplant or die. The lower 48 percent of Cosgriff's heart muscle was dead, they told him.

It would be three years after going on the active list of Henry Ford Hospital's Transplant Program before Cosgriff would receive his heart. In the interim, he had two "false runs."

"When you get a call they have a donor, that doesn't mean the organ is acceptable," he said.

Finally, an appropriate donor heart (one that would fit Cosgriff's large heart cavity) came in. Thanks to the generosity of a family who lost their beloved son, Cosgriff finally had a new heart.

"I was home in nine days walking around the house like a new man. I've been doing great ever since," he said.

Insulin free

John Ioanou was diagnosed with type 1 diabetes in 1965 at age 10. Although he meticulously managed his disease for the next 23 years, his kidneys began to fail. In 1990, after being on dialysis twice a week for six months and nearing end-stage renal failure, he underwent a kidney transplant. His brother, Michael, was the donor.

Ioanou was given a new life.

Cosgriff and Ioanou are waking up from the kidney transplant in the intensive care unit. Within six seconds after opening my eyes, it was like getting a new battery. It was amazing. I felt as if I could get up and start dancing," he said.



STAFF PHOTO BY PAUL HUBERDMANN

A family gift: John Ioanou of Livonia (center) is surrounded by his family: Son Andrew, 6, daughter Angela, 17, son Mike, 22, and wife Elaine.

Ioanou continued his vigorous exercise routine, injected himself with insulin and faithfully took his immunosuppressant medications. His blood tests were always normal. One day, his nephrologist told him he was only managing his diabetes, not curing it.

"He told me if I wanted to get rid of the problem, I'd have to have a pancreas transplant."

In 1995, Ioanou contacted the University of Minnesota and asked for an application for the pancreas transplant program. However, for a variety of personal and professional reasons, he did not submit the application until 1999. In February 2000, he and his wife, Elaine, flew to Minneapolis for an evaluation by a battery of specialists, including a psychologist, social worker and cardiologist.

"They found nothing that would eliminate me," he said. Other than diabetes, I was in excellent health. I had a green light. All those years of riding my bike for muscular dystrophy and all the years working out at the Livonia YMCA paid off."

Please see DONOR, D5



STAFF PHOTO BY BILL BEZLER

Advocate: Cosgriff campaigns ardently for organ and tissue donations, including displaying signs in his front yard. "I've dedicated my life to organ donations."

The Gift of Life Agency provides community education on where to get help and hope

The Gift of Life Agency provides 24-hour service for the screening and evaluation of donors, and the retrieval, perfusion, transportation, compatibility testing, and recipient allocation of cadaveric organs, and the evaluation and retrieval of all tissue donors. The agency's Histocompatibility Laboratory is responsible for serology testing, tissue typing, and crossmatching of organ recipients.

The Gift of Life Agency is a nonprofit organization that charges a service fee to the receiving transplant center for each organ recovered. This fee is then added to the recipient patient's hospital bill. The agency also pays for the donor's hospital bill from the time of brain death declaration through the removal of organs. This includes any

donor evaluation tests that are requested in order to ensure the suitability of the organs, and the operating room costs that pertain to the organ donation.

The Gift of Life Agency also coordinates education programs for hospitals and the community at large.

Make a difference

Currently waiting for a transplant in Michigan as of March 1, 2001:

Kidney	1,724
Heart	73
Lung	118
Liver	410

Pancreas 138
 So far this year, 60 patients have received an organ transplant and 34 have died waiting for a transplant.

April is Michigan Organ and Tissue Donor Awareness Month, the perfect time to make a commitment to become a donor. However, don't keep your wishes to yourself until it is too late.

- Talk to your family about your decision.
- Sign the Michigan Donor Registry (registration cards are available at all Secretary of State branch offices or through the Gift of Life Agency Michigan, (800) 482-4887)
- Sign the back of your driver's license.

We want your health news

There are several ways you can reach the Observer Health & Fitness staff. The Sunday section provides numerous avenues for you to offer newsworthy information including Medical Notebook (upcoming calendar events); Medical Newsletters (periodicals/new lines in the medical field); and Medical Briefs (medical advances, short news items from hospitals, physicians, companies).

We also welcome newsworthy ideas for health and fitness related stories. To submit an item to our newspaper you can call, write, fax or e-mail us.

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