

Two new Web sites highlight organ donation

Web users can give their Internet surfing more meaning by visiting two new Web sites that teach about organ donation, make donor registration and notification easy, and show how donated organs can change the lives of recipients.

Give Life: The Transplant Journey (www.journey.transweb.org) is aimed especially at students but suitable for all. It takes visitors on a personalized tour through the organ-donation process using animation, sound, graphics and text. It ends with opportunities for visitors to register to donate online, and to tell family members about their decision via e-mail and electronic or printed cards — a crucial step to ensure that donation wishes are carried out.

Web users also can visit www.transweb.org/webcast/winter2001 to travel virtually to Nendaz, Switzerland and see 800 organ recipients from 18 nations use their regained strength to compete in the 2001

Winter World Transplant Games, which were Jan. 14-19.

Online support

Both sites are under the umbrella of TransWeb (www.transweb.org), a six-year-old, nonprofit transplant information site based at the University of Michigan Health System that receives contributions from throughout the worldwide transplant community.

"The Internet is ideal for helping students and adults find out about transplantation, make decisions about their own donation wishes, register to donate, and tell their family members about their decision to help ease the shortage of donated organs," says Eleanor Jones, TransWeb webmaster. "It's also a great way to bring The Transplant Games to people around the world, so they can see the faces of people whose lives have been saved by new organs."

The Transplant Journey is more than just an interesting site. It's also a research project

financed by the Division of Transplantation in the U.S. Department of Health and Human Services to see if the Web can be used to educate the public and increase the number of people who register to donate. It's a cooperative project of the Transplantation Society of Michigan, the Survey Research Center of the U-M's Institute for Social Research, TransWeb and TransCom Media.

The project is part of the National Organ and Tissue Donation Initiative launched in 1997 by former Health and Human Services Secretary Donna Shalala and former Vice President Al Gore. It aims to find ways to close the gap between the need for donated organs and tissue, and the availability of suitable organs. Currently, more than 74,000 patients are waiting for organs, but only 21,700 transplants are performed each year. More than 6,000 people died in 1999 while awaiting a transplant.

"Studies show that the overwhelming majority of Americans would donate their loved one's organs and tissues at death if they were certain that the deceased wished to donate," says Jones. "We hope this site will help students, who are just beginning to formulate their own beliefs, and adults learn enough to make informed decisions and inform their families. We also hope health care workers will use it to help potential donor families understand the process."

Personal point-of-view

In 1997, the research group launched a "transplant journey" told from the point-of-view of a kidney recipient, to help children and teens learn about the process of registering for a transplant, going through a transplant, and caring for themselves afterward. That site is at www.transweb.org/journey/recip_journey.

It starts with a brief questionnaire to get anonymous demo-

graphic information such as age, sex and ethnic background from the visitor, which will help customize the journey for each visitor and aid the research team in looking at variations in the responses of different groups.

The "donor journey" includes frank discussions of brain death, organ removal, the attitudes of different major religions toward donation, and the effect of donation on a donor's body. It uses animations, illustrations, a full hyperlinked glossary and list of frequently asked questions, video, and narrations by donors' family members and recipients.

At the end of the journey, visitors take a test to see how much they have learned, and are asked about their attitudes toward donation. Then, they're given a chance to register for their state's donor registry and send an e-mail or greeting card to a family member about their wishes.

Founded on Jan. 21, 1995, TransWeb is a definitive source

of transplant news, information, statistics, personal stories, memorials, relevant resources and links. It receives hundreds of thousands of hits each month.

The U-M Survey Research Center is a national and international leader in survey-based research, and makes up about two-thirds of the Institute for Social Research, the nation's longest-standing laboratory for interdisciplinary social science research.

The Transplantation Society of Michigan (also known as the Gift of Life Agency) is the only nonprofit full-service organ and tissue recovery agency in Michigan since 1972. It acts as an intermediary between the donor hospital and the recipient transplant center, providing all of the services necessary for organ and tissue donation.

TransCom Media is an electronic media production company specializing in organ and tissue transplantation projects.

Caregivers event scheduled in southeastern Michigan

Former First Lady Mrs. Rosalynn Carter often said that there are only four kinds of people in this world: Those who have been caregivers, those who currently are caregivers, those who will be caregivers and those who will need caregivers.

Henry Ford Health System - West Bloomfield will host a symposium for caregivers from 12:30-5:30 p.m. Sunday, April 29

at 6777, west of Farmington Road in West Bloomfield. The symposium is co-sponsored by Henry Ford and the Well Spouse Foundation. It is open to both health professionals and the public. The cost is \$5.

Keynote speakers are David Haigler of the Rosalynn Carter Institute, Suzanne Geffen Metz, president and co-founder of the National Family Care-

givers Association and Greg Piburn, author of the book "Beyond Chaos."

Workshops subjects include advocacy, costs, maintaining relationships, emotions of caregiving, benefits and limitations of home care, and support groups.

To order tickets, make out a check to W.S.F. (Well Spouse Foundation) and send to 18263

Westland, Southfield, MI 48075. Contact George Hopper, president of the Well Spouse Foundation, at (248) 589-3605 or Rabbi Bob Scott, director of the foundation, at (248) 601-3383.

For information on W.S.F., contact Les Graifman, exec. director, Well Spouse Foundation, 30 East 40th Street, New York, NY 10016. Call (212) 685-8816 or visit www.wellspouse.org

Plant a Gift of Life Rose

This spring, plant a rose to honor those who have given others the gift of life through organ donation.

Introduced in 2000, the Gift of Life Rose was developed by

Edmund's Roses, an Oregon grower who developed the hardy tea rose to pay tribute to donor families nationwide.

Please see B024, D6

Gift from page D4

The following April, Ioanou was put on the active transplant list, and in July he received his new pancreas. Recovery has been slow but sure.

"With the kidney transplant, it was extremely physical. When I woke up, I knew it was working. With the pancreas, the difference is entirely emotional. You realize someone has died and you have someone else's organ. It's incredible," said Ioanou.

There's also the emotional aspect, he added. "Even though tests are fine, you have to convince yourself that you are no

longer a diabetic. 'You can't' — those words have popped up on a daily basis. Then all of a sudden, that's not a concern anymore."

New life

Ioanou's new pancreas has freed him from an insidious disease.

"Diabetes is manageable in the sense that it doesn't immediately kill you. However, insulin injections are not a cure. They only take away the instant death. And the worse thing about diabetes is that before it kills you, it tortures and maims you," he said.

Ioanou has regained 70 percent of his former strength and is exercising four times a week. Although he still watches his diet, he can now eat whatever he wants, including sweets.

When asked what he would say to the donor's family if he ever met them, Ioanou replied: "I would tell them two things: First, if giving back this organ you gave me would negate your loved one's death, I'd do it in a second. Second, I'm alive and functioning without a cloud over his head due to you. I owe you a tremendous amount of grati-

tude."

Since receiving his new heart, Cosgriff has dedicated his life to organ donations. He speaks about organ donation to organizations and groups in the area. He employs anyone thinking about donating their organs to sit down with their family and discuss feelings about the subject.

Donating a loved one's organs is a gift rather than a sacrifice. "God's given us the greatest gift, one that we can give to others," said Cosgriff. "And that is the gift of life."

Arthritis Today

JOSEPH J. WEISS, M.D., RHEUMATOLOGY
18829 Farmington Road
Livonia, Michigan 48152
Phone: (248) 478-7860

SJOGREN'S SYNDROME

Physicians give this name to the condition of dryness of the eyes and mouth in a person with rheumatoid arthritis. A Scandinavian physician, Dr. Sjogren, first observed the association. Thus the name Sjogren's syndrome.

If you have Sjogren's syndrome, you will wake in the morning with difficulty in opening your eyes. The reason is that the usual moisture that lubricates the eye and eyelids is deficient. You will not respond with tears when an irritating object grazes your eye, and even at moments of intense emotion you will not be able to bring up the tears you feel within you.

At the same time your eyes begin to feel gritty and your mouth will become dry. With Sjogren's Syndrome, you lose the ability to make saliva. Chewing food is uncomfortable and you are at risk for cavities as saliva is the first line of defense against bacteria in the mouth.

These changes occur because of an invasion by lymphocytes into the glands around the eye and mouth that supply tears and saliva. The effect of these blood cells is to cause destruction of the glands with subsequent inability to make tears or saliva. Keep in mind that not everyone with rheumatoid arthritis has such a lymphocyte response, though the reason for why some people will develop Sjogren's syndrome and other never do, is unknown.

There are prescription drugs that act to stimulate the part of the gland still working to make more tears and saliva, but these medications have side effects such as dizziness. Usually treatment consists of frequent application of artificial tears and liberal use of 20 ounce size water bottles. Therapy for arthritis helps the joints but does not often help resolve Sjogren's syndrome.

Freedom Medical Clinic

...would like to introduce
Anjana Barad, M.D.

- Board certified in Family Practice
- Graduate of Wayne State University
- Formerly with Providence Primary Care Physicians
- Medical Staff Member of St. Mary Mercy & Providence Hospitals
- Affiliated with the American Medical Association, Michigan Academy of Family Practice and the American Academy of Family Practice

Care for Children & Adults
20206 Farmington Road • South of 8 Mile Road • Livonia
248-476-4724

NOTICE OF PUBLIC HEARING

PROPOSED SPECIAL ASSESSMENT DISTRICT

CITY OF FARMINGTON HILLS

OAKLAND COUNTY

31555 ELEVEN MILE ROAD

FARMINGTON HILLS, MICHIGAN 48336

NOTICE IS HEREBY GIVEN THAT Old Homestead Road, and Drainage Improvement Special Assessment Roll No. C-302 in the amount of \$908,056.95 for the construction of Road and Drainage Improvements in said City to be located as follows:

STREET	FROM	TO
Old Homestead Drive	Eleven Mile	Paddelford
Steele Road	Hardenburg	W. Lyman
Hardenburg Road	Old Homestead	Steele
Quakertown Lane	W. Lyman	W. Lyman
Paddelford Road	Old Homestead	Quakertown
Old Homestead Court	Old Homestead	cul-de-sac
W. Lyman Road	Quakertown	Drake

has been filed in the office of the City Clerk for public examination, along with the costs of said project which are proposed as follows:

TOTAL COST OF PROJECT:	\$908,056.95
PERCENT OF COST ASSESSED TO DISTRICT:	80.77%
TOTAL COST TO DISTRICT:	\$733,430.62
AVERAGE COST PER BASE UNIT TO BE ASSESSED:	\$3,989.03

NOTICE IS FURTHER GIVEN that the City Council will meet in the City Hall Council Chamber, 31555 Eleven Mile Road, Farmington Hills, Michigan, on the 23rd day of April, 2001, at 7:30 o'clock P.M., to review said Special Assessment Roll and to hear any comments in opposition or in favor thereof.

Appearance and protest of the special assessment at the hearing is required in order to appeal the amount of the special assessment to the Michigan Tax Tribunal. An owner of or party in interest in property to be assessed, or his or her agent, may appear in person to protest the special assessment, or may protest the special assessment by letter filed with the City Clerk at or prior to the time of the hearing, in which case appearance in person is not required. If the special assessment is protested as provided above, the owner of any party having an interest in the real property may file a written appeal of the special assessment with the Michigan Tax Tribunal or other court of competent jurisdiction within 30 days after the confirmation of the special assessment roll.

THIS NOTICE IS GIVEN BY ORDER OF THE CITY COUNCIL
PHONE: 248/473-9566

KATHRYN A. DORNAN
City Clerk

Mailed: April 11, 2001
Published: April 12 and 13, 2001

DIABETES

BETTES

CAN AFFECT

MORE THAN

BLOOD SUGAR

Being short-sighted about diabetes can have lasting effects. Left untreated, it can cause kidney, nerve, heart and blood vessel disease. Not to mention taking away all or part of your sight. If you experience blurred vision, fatigue, frequent urination, extreme hunger, thirst or weight loss, see a doctor as soon as possible. When treated promptly, the complications caused by diabetes can be delayed or even totally prevented. So, if you're experiencing symptoms, the answer is in plain sight: get checked for diabetes right away. To find a U of M physician near you, call 1-800-211-8181. We accept a variety of health plans including **MCAE**.

UNIVERSITY OF MICHIGAN
Health Centers
Feel Better