

Machines, transplants mean new life

BY HENRY KAHAN

What do Gerald Delany and John Worng of Westland and Mrs. Sentiana Manastyrsky of Rochester all have in common? The answer is that they have had serious problems with their two organs, the kidneys, which perform the vital work of cleaning waste material and excess fluids from the blood. They also filter the blood, retaining some compounds and excreting other, and help regulate blood pressure and the red blood cell count.

The kidneys don't generate the kind of press coverage that is given to some of our other organs, like the heart. Yet Delany, Worng and Mrs. Manastyrsky have found them unbelievably important.

He has eight million Americans who have had kidney diseases. They have discovered that when kidneys fail the body does not excrete enough water, salt and other substances. The volume of water increases and tissues swell. Without special treatment the composition of body fluids changes steadily until it becomes so abnormal that death may ensue.

SEE KIDNEY PROBLEMS of Delany, Worng and Mrs. Manastyrsky might have meant death for them had it not been for two medical advances, the kidney machine and the kidney transplant.

Each Mrs. Manastyrsky and Worng spend four or five hours a day at least three times a week hooked up to a kidney machine. Delany had a kidney transplant three years ago.

"I was sitting in Colorado recently with my wife, Maurine," began Delany, who manages the A&P grocery store at Merr-

man and Joy, in Westland. "I reminded her that three years ago we couldn't have imagined that we would be vacationing here."

He recalled his situation when the roof fell in.

"I was real healthy and all of a sudden I went without it," he said. "I found out I was starting to develop kidney problems. The doctor waited and watched my blood pressure. It got so high he knew it was time for me to go on a machine."

"I DIDN'T REALIZE how sick I was. It was really a nightmare. I got to the point when it was a fight to produce at the job. I was tired and lousy all the time."

"Now with the kidney transplant I'm feeling great. The company paid me all the way through."

Put simply, Delany feels "reborn."

"It's a brand new life," he smiled. "What helped me is that I fought hard to live, and I had medical options to help me survive."

He urged that members of the public make an effort to donate their kidneys to others when they die.

THE KIDNEY FOUNDATION of Michigan, located in Ann Arbor, has already prepared a handy wallet-sized card on which a donor can state his wishes about passing on his kidneys to others. It also includes signatures of witnesses, and is regarded as a legal document under the Uniform Anatomical Gift Act.

"If you donate your kidneys, two lives will be saved," noted Delany, referring to his wife, Maurine, "bigger Delany, who manages the A&P grocery store at Merr-

"When I'm through with the one I'm using, I'll leave it to someone else."

MRS. MANASTYRSKY makes no bones about her situation before she went on a kidney machine.

"I would have been dead five years ago without it," she declared. "I couldn't eat, drink or sleep. At night I couldn't turn over in bed or catch my breath. One month at the hospital, one month at home and then a week that took 'My children were alone," she said. "It was terrible."

"Now I can back home I have a life again. I've already had five extra years of life. It's a good one and I'm enjoying it. I can walk for two hours and do housework. I don't do heavy lifting."

THE BUSINESS of undertaking dialysis is not a simple one. Many kidney patients prefer to do their blood washing at a hospital.

But those willing to laundher their blood at home have to spend about two months learning the ins and outs of the kidney machine. It is a decision that has to be made by the patient as well as one other family member, because while the patient is hooked up, someone must monitor the machine.

"It is a complicated process," said Mrs. Manastyrsky, whose husband stands by while she undergoes dialysis. "He has to watch what's going on and take my blood pressure, and if anything goes wrong he has to know what to do. Your life is at stake when you are on the machine and you have to know what you're doing."

Mrs. Manastyrsky watches TV or reads while she lies on her bed next to the machine. When it's over she feels weak for a while, but soon snaps back.

"People shouldn't be afraid of it," she insisted. "It's really great."

JUST RECALLED from the Wayne County Sheriff's Road Patrol, John Worng reported that his wife, Betty Lou, inserts the two needles in the arm or leg that get her started on the blood washing process. This occurs when two solutions are separated by a porous membrane. Particles pass through the pores in either direction until the two solutions reach equal strength.

Inside the machine are two compartments. One contains the first solution, blood from the patient carrying excess fluids and waste materials. The other contains the second solution, a cleaning fluid called dialysate.

The compartments are separated by cellophane, a porous material with thousands of holes per square inch. The blood cells are too large to pass through the pores in the cellophane. But some waste molecules pass through and are carried away by the dialysate.

In some cases of uremia, the blood may be deficient in certain chemicals. If these are added to the dialysate they pass through the pores in the cellophane and into the blood.

The patient's blood makes a round trip twice in one hour.

"My wife runs me," explained Worng. "She knows more about the machine than I do."

But Worng is no slouch either when it comes to the machine's inner workings.

"I have to maintain the machine," he pointed out. "I oil it every now and then and calibrate the pumphead. I have to know all its parts and how to take the control panel off and change the bulbs. I also remove, clean and replace the flowmeter."

A **KIDNEY PATIENT** doesn't urinate, continued Worng. "Everything he drinks stays in him. The machine is the only way to get it out." He finds he is able to work around the house, but he works slowly.

"I garden," he said. "I play golf, but not in a cart."

Worng uses a kidney machine from Wayne County General Hospital, and most other kidney patients are able to obtain these lifelines from area hospitals.

"Since 1973 the majority of the cost of treating people with kidney failure has been borne by Medicare," explained John Nystrom, field supervisor of the Kidney Foundation of Michigan.

"Medicare covers 80 per cent of dialysis for most kidney patients. The remaining costs are usually picked up by private or government health plans."

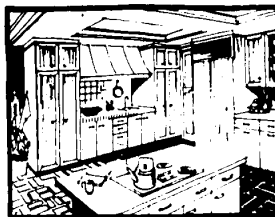
He pointed out that the Kidney Foundation, a Torch Drive agency, has a loan closet for those unable to obtain a machine from other sources. The machines are lent at no cost to the patient.

Nystrom also urged people to consider donating kidneys to those who need them. To obtain a donor card for this purpose call the toll free number 800-462-8757.

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Mrs. Sentiana Manastyrsky of Rochester checks the controls on her kidney machine. (Staff photo by Doug Bauman)

Pap tests free Aug. 4-5

Pap tests, which aid physicians in detecting cervical cancer in its early, curable stages, will be given at a free clinic of the North Oakland Unit office of the Michigan Cancer Foundation (MCF), Aug. 4 and 5.

Tests will be available at the Waterford Community Activities, Inc. (CAL Bldg.), 5640 Williams Lake Road Waterford, from 9:30 a.m. to 3:30 p.m. both days. Appointments may be made by calling 332-5489 or 332-8679 weekdays from 10 a.m. to 4 p.m.

The Pap test is a simple, painless examination that can help physicians detect cervical cancer before symptoms appear. Cervical cancer is curable if detected and treated early, and every woman over the age of 18 is urged to make the Pap test part of her annual health routine.

Recruiting volunteers from the Waterford Jayettes to staff the clinic, will be Claudia Garretson, Jayette coordinator.

The Michigan Cancer Foundation serves Wayne, Oakland, Macomb and Monroe counties with programs in cancer research, screening and detection, and patient care. In 1975, more than 32,000 women received Pap tests through the MCF's free testing programs.

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