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'Never any doubt' Son gives mother life-saving gift

By Richard Leach
staff writer

WHEN YOU'RE a healthy 32-year-old with a wife and two kids, and another on the way, major surgery is about the last thing you want to contemplate.

But Rob Hollandsworth of Farmington Hills readily agreed to have one of his kidneys surgically removed earlier this year. The kidney was transplanted to his mother, Audrey Hollandsworth of Westland, to give her a new lease on life.

"There never was any doubt as to whether to do it," Rob said. "You know, you could almost see the deterioration in her condition. It was pretty much something we knew had to be done."

The operation, performed last March at William Beaumont Hospital in Royal Oak, turned out to be a complete success for everyone involved.

Mrs. Hollandsworth's new kidney, started functioning right there on the operating table. Today, she says she never felt better in her life.

She has resumed the active life she once led. She danced at her youngest son's wedding and is planning trips to Las Vegas and Hawaii.

As for Rob, he is back to work as a sales manager for Borden's in Madison Heights and jogs regularly.

"There was about eight weeks of recuperation, and after that it was pretty much business as usual," he said.

THE HOLLANDSWORTHS' story is not unique, as kidney transplants, both from living persons and cadavers, have become increasingly successful. But the Hollandsworths hope their own success will inspire others who are contemplating the surgery.

"People should not be afraid, because it does work," Mrs. Hollandsworth said. "Sure, there are risks involved, but what happened to me was fantastic."

"Probably the key to the whole thing is there are probably a lot of people who are really afraid about it and maybe are having second thoughts," Rob said.

"I can't say it's not critical, because it is a big step, but it certainly worked out for us. But the support from my family and friends and from my employer really helped out."

Mrs. Hollandsworth, now 53, first began having serious problems with her kidneys in March 1982, when she was stricken with Wegener's disease and glomerulonephritis. Two times she came very close to dying, she said.

At first she underwent plasmapheresis, a blood-changing treatment. In September 1982, she started hemodialysis, which meant going to the hospital on a regular basis and undergoing the draining treatment for four hours at a visit.

Most kidney patients thrive on dialysis, and some have been known to live as long as 20 years on it. But Mrs. Hol-

landsworth was one of those unlucky few — one in 10 kidney patients — who react violently to the treatment.

"I threw up all the time I was on the dialysis machine and threw up the next day," she said. "I'd feel good for one day, and then it was time to go back on the machine."

IN OCTOBER of last year she decided she couldn't go through the dialysis anymore.

She went an alternative route. Continuous Ambulatory Peritoneal Dialysis (CAPD), in which tubing was placed in her stomach so she could perform the dialysis herself at home. CAPD had the advantage that she didn't have to go in for the dialysis treatment, but had the disadvantage of significantly increasing the chances of infection, said Dr. Olaf Krooneman, the Beaumont nephrologist who provided much of her treatment since the operation.

But by that time Mrs. Hollandsworth already was under consideration for a transplant. The doctors had called a meeting with her four sons and their wives and girlfriends to discuss her long-term prognosis.

The doctors suggested that a kidney transplant, which would have to come from someone who was directly related to her by blood, would be the best thing for her.

"She was physically deteriorating, and the quality of her life was very low," Krooneman said. "Certainly, with the kidney transplant, the quality of her life improved 100 percent. In her case, it has prolonged her survival."

FINDING the right donor within the family was not easy, however. Her husband, Ronald, a self-employed carpenter, had been very supportive of her during her dialysis treatment. But since he was not directly related to her by blood, he could not donate a kidney.

All four of her sons volunteered to become donors. But sons David and Tim were ruled out because they didn't have the same O Positive blood she has. That left youngest son, Tom, then 23, and Rob to undergo testing to determine which one would make the best donor.

Since Tom was unmarried at the time and had no dependents, he was selected as the initial donor, Mrs. Hollandsworth said. The operation was set for November.

As part of the preparation, she received a weekly transfusion of ½ of pint of his blood. After two transfusions, her body started to build up antibodies against his blood.

"If we had would have transplanted that kidney to Mrs. Hollandsworth she probably would have rejected it strongly," Krooneman said.

SO THAT left Rob as the only remaining candidate. A former football player at Livonia Franklin High School and Central Michigan University, Rob was healthy enough to undergo the operation.

"My only question was at the time I had two little boys and my wife was pregnant with a third," he said.

"The doctors were upfront from the beginning, saying with major surgery there certainly are no guarantees. But my wife (Lorraine) was very supportive, and that helped me very much."

The surgical team of nephrologist Dr. George Sewell and surgeons Dr. Robert Threlkeld and Dr. John Ingold performed the surgery March 12.

"It's been really incredible that way she came around," Rob said. "Almost overnight she improved."

Although she had to overcome a bladder infection shortly after the operation, she said she feels no ill effects now. She goes for monthly checkups with Krooneman and has taken advantage of support services provided by the nursing staff on Beaumont's transplant floor, Krooneman said.

She leads a normal, relatively active life, much as she did in the past when she worked as room monitor at Franklin High and was active in community affairs. Next May, she plans to take a Beaumont-sponsored Hawaiian cruise specially designed for all kidney patients.

"I'm just going to enjoy my grandkids and my life now," she said.

MRS. HOLLANDSWORTH has passed the critical period for kidney transplants, the first six months, when the chance of rejection is greatest, Krooneman said.

Like all transplant patients, Mrs. Hollandsworth faces a seesaw battle against both rejection and infection. She takes a daily dose of the drugs prednisone and avatholipine, which reduces the body's antibody system so it doesn't recognize the transplant as a foreign body and attack it. But in so doing she makes herself more susceptible to infection.

Once past the critical period, patients suffer kidney rejection at the rate of 5 percent a year, Krooneman said.

"But there are patients who go 20 years following a transplant," he said.

Mrs. Hollandsworth said she takes life one day at a time now and intends to enjoy whatever extra time she has.

"I took a chance, and maybe 10 years down the road they'll have something else that will update everything again," she said. "It almost seems like a dream they can do those kind of things."



It's back to business-as-usual for Audrey Hollandsworth who got a new lease on life after successful kidney surgery. Her new kidney is a gift from her son Rob, of Farmington Hills.

Teen pedals bike to volunteer at Farmington Nursing Home

By Lorraine McClish
staff writer

Jacqueline Wilson made a drop-in call at Farmington Nursing Home when school let out in June to ask if she could work there over the summer.

She was given a one-person tour of the facility and grounds on Fulson Road and a one-person orientation. She picked up a uniform and the next day she went to work.

The Farmington High School student rode her bike to the home anywhere from three to five days a week through the summer to help with big games, wheelchair square dancing, birthday parties or picnics. Then came the winter.

Jackie couldn't guess how many hours she gave. She never kept track because it wasn't important to her. And now that school is back in session she continues to pedal her bike to the home a couple of times a week, to help at meal time or visit the friends she made through the summer.

"That is very unusual," said Rose

sat in on a short end-of-the-summer ceremony of thank you, given by members of the American Red Cross, to the teens who act as nurses' aides in the home.

The teens who are invited to that ceremony are given a certificate of recognition for a given number of hours that have been volunteered as extra hands to the staff.

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Morgan, activities director for Farmington Nursing Home. "It happens once in a while, but very seldom."

MORGAN SAID the recruiting of teen-agers for summer help is done every spring by members of the Red Cross in cooperation with area high schools. She attended end-of-the-summer ceremonies that saw as many as 53 teens get a Red Cross certificate and she's seen that number reduce steadily for about the past ten years.

"Maybe these girls have to get a paying job for the summer these days, or maybe they have a hard time getting transportation. Whatever it is we find ourselves in the position of having to advertise now and even then there is always a need for extra hands," Morgan said.

On the other hand, Morgan has a long list of one-time teens who keep in touch with the home and come back when they know of a special event that is going to call for extra hands. And she has a long list of stories of those who got their first experience at the home which led to highly successful medical careers.

With but a few exceptions they were recruited, screened and trained by the Red Cross, then oriented by the home. But always with the option of picking and choosing from a wide variety of type of work they would like most to do, and the number of hours, and days of the week they would like to give.

JACKIE'S INTEREST in the elderly began with her neighbor, Pete Clark, who died three years ago.

"I don't know how old he was when I met him. I know he was born in 1901, and he would tell me the most stories about his life in Ireland or when he was in the war. We became friends. I never thought of just visiting him as 'help,' but I guess that was what it was. He

was a healthy man until just a year before he died, but even before that when he was in good health. There was always some cleaning up I could do, some going to the store that I could do, some help that was needed, just because he was living alone," she said.

Jackie's friendship with Clark never put her on-call for errands to run, she was never summoned for an emergency and throughout those years she never realized how valuable drop-in company can be for one living alone.

She is recalling it now as she says, "Eating is a social event. That's why I chose to help out by feeding some of the residents. I take a lot of time doing that so we can talk. I always ask questions so they can tell me stories about their lives, and there is always a lot to tell. There is always something new they have to tell me and most of them are very anxious to talk."

DURING JACKIE'S sophomore year at Farmington High, she took her first nursing class.

"One of our assignments had to do with geriatrics and I was surprised at how much of that I already knew. Just being with Pete, I guess," she said.

That class whetted her appetite for more of the same because when school was out, in a decision to work as a volunteer for Farmington's Public Library or a local nursing home through the summer, the library was her choice.

Now a senior, Jackie's nursing part of her school day at Farmington's Oakland Vocational Technical Center, she has a job as a senior aide at the library or a local nursing home through the summer, the library was her choice.

"When the weather gets so hot I can't ride over there, I'll walk. It's only a mile and a half," she said.

Hope church observes special Mission Sunday

Members of Hope Lutheran Church will observe a special Mission Sunday at the 10:30 a.m. service Sunday in the church at 3220 N. 12 Mile Road. Guest speaker for the event is Rev. Nasr who served in a Lutheran ministry program in Beirut, Lebanon.

Rev. Victor Moeberg, pastor, welcomes area residents to share in hearing from one who has lived and worked on one of the troubled areas of the world.

Nasr has lived in Lebanon for more than 20 years and for the past several years has served at the Contact and

Resource Center in Beirut. The ministry there is carried on by an American Lutheran missionary, the Rev. Dennis Hilgendorf, and four Lebanese aides, of whom Nasr is one.

The work includes career guidance for youth, handicap sensitivity for relatives of those with impairments, and a drug awareness program for young people in the city.

In addition to her message in the worship service Nasr will also address the Adult Bible Class during the Family Learning Hour which begins at 9:30 a.m.

Get-away-get-in-shape weekend planned for fall

Dynamic Energie Inc. offers a get-away-get-in-shape weekend, Friday through Sunday, Oct. 19-21 in St. Clair, Mich.

The vacation spa weekend for both men and women was put together by Alice Beale, president and founder of the company, and includes workshops by several authorities in their field.

Among the workshop leaders are Dr. Lawrence Power, professor of medicine and endocrinology; Mary Glance,

skin care specialist; and Bev Christensen, an exercise specialist.

A fall fashion show, coordinated by "Bea" Bonner, designer, aerobics, stretching and body toning is included in the price of \$199 for double occupancy, or \$229 for single occupancy. Massage, skin care advice, makeovers and personal consultations will be available.

Registration information is given by calling 755-7150.



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— Jacqueline Wilson