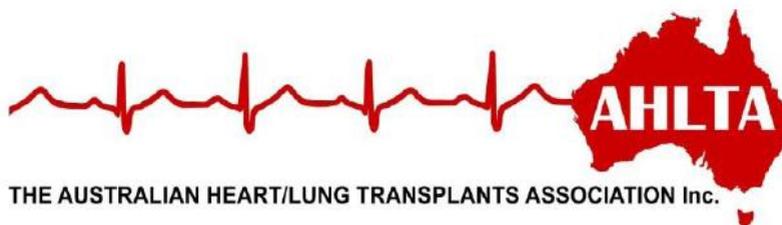


The Biopsy Bugle



Summer 2021



THE AUSTRALIAN HEART/LUNG TRANSPLANTS ASSOCIATION Inc.

Since 1984

2021 – The Year of the Ox

The second animal of the Chinese zodiac, the ox denotes the hard work, positivity and honesty that will be manifested in all of us in the coming 12 months, according to astrologers.

The ox's earthly branch is associated with yin, which is slow, soft and passive.

Its element is earth, representing "stability and nourishment".

It is believed these additional associations and the characteristics of the ox have great synergy and are mostly favourable.

What is the Ox personality?

People born in the Year of the Ox are strong, reliable, fair and conscientious, inspiring confidence in others.

They are also calm, patient, methodical and can be trusted.

Although they say little they can be very opinionated.....

They believe strongly in themselves, but are also stubborn and hate to fail or be challenged.

Years of the Ox include 1913, 1925, 1937, 1949, 1961, 1973, 1985, 1997, 2009, 2021, 2033...



♥ *Ed Note: Interesting how this matches up with some of the stuff for Taureans in the western Astrology system!*

President's Message

Hello fellow transplant friends and families.

Welcome to a new year full of a renewed sense of hope for what is to come. The sun has been shining and we are able to meet again outside and connect with our families under less restrictive conditions. Hopefully, the nation can continue in this vein all year and you all remain safe and well.



I hope that AHLTA and myself can be of assistance to all members so that they can receive the support and connection which is so important on our transplant journeys.

Firstly, **thank you to our outgoing President Andy Gough** and the committee for their work last year during difficult times. It will be hard to fill Andy's shoes as he has had a significantly positive impact on AHLTA and supported many new initiatives in our organisation. Fortunately, Andy will remain on the committee to assist us when needed. Thanks Andy! We are also pleased to have assistance from Ron Spriggs and Jayden Cummins to help with fundraising.

My aim this year is to maintain tradition while, at the same time, shaking things up.

Fundraising is a major focus of this committee, so we have formed a "Fundraising Sub-Committee" to investigate avenues of government and corporate funding as well as innovative ways to raise money. If you have any ideas or contacts please get in touch with Natalie Kluss-Bown via ahltastv@gmail.com. Ongoing fundraising is vital to ensure we can help members in as many ways as possible.

Of course, we still have the wonderful "Doll Ladies" who are hoping that their stalls will resume soon at St Vincent's.

We will continue to improve the website and social media pages to reach as many members as possible. We will also be using video conferencing facilities to allow many of you to attend events such as the Thanksgiving Service and AGM.

I hope you enjoy this edition of the Bugle. Look inside for brief bios on the committee, upcoming events and stories from our members.

If you have ideas or stories for the Bugle please contact us at ahltastv@gmail.com We would love to hear from you!

Please take care everyone,

Lyn Kerslake

President AHLTA

Save the Day –Thanksgiving Service 2021

Our Thanksgiving Service is scheduled for **June 19** this year. We are hoping to have our usual Service in the Sacred Heart Chapel, followed by Morning Tea in the Sacred Heart Meeting Room. We also wish to make the service available to anyone who wishes to attend via Zoom. Please keep an eye out for details in our Autumn Bugle.

Do you have a Special Selfie?

To mark St Vincent's milestone **120 heart transplants in 2020**, Jayden Cummins is currently requesting selfies of special moments from St Vincent's heart and lung recipients to make a short film. If you would like to participate please send your picture to info@forevergrateful.com.au.

Registrar's Report

It has been a difficult year for memberships due to Covid-19 and the loss of face to face meetings in the clinic and Transplant Rehabilitation Programme, despite the clinic doing just under 120 transplants last year.

Thank you to all hospitals undertaking heart/ lung transplant surgery in these difficult times and remember that anyone in Australia "who has undergone heart/lung, heart or lung transplant surgery in Australia may become a Full Member" and will receive all the benefits of becoming a member, (including a badge to let people know!), so spread the word.

During the year I have endeavoured to continue to find ways of contacting members who have given only a mail address. Hence some of you may have had a red star on the envelope of your Bugle. Thank you to all who responded and to those who have now given us an email address or a mobile number.

Postage continues to rise and Mailchimp is the way we now send out the Biopsy Bugle to 275 of our 508 members. Giving us an email address also allows Beau to send you a head's up if anything exciting seems to be happening!

Thank you to our Associate Members who include our wonderful Doll Ladies and family members of recipients who continue to find pleasure in reading our Bugle.

Joy Gough
M'ship Registrar
EAM AHLTA
0415 226 316
ahltastv@gmail.com

AHLTA Stall Days

Well, Covid has really hit AHLTA in the Stall department, with most of 2020 being quite free of our presence at St Vincent's, Manly, Gosford and other spots where AHLTA banners may have been seen in the past.



We will not be able to have a Foyer Stall at St Vincent's for some time to come, it seems.

However, on the 27th of November, AHLTA had a stall day at Manly, with a large turnout of AHLTA people to spread the message about Heart Lung transplants, Organ Donation, the enjoyment to be gained from sitting in a shady spot on a hot day, and the joy of knitting.....



Roi turned up with her knitted doll layettes, Di came with her jams, Maureen brought her knitted goodies, Kathy brought her preserves and baked goods, Andy and Joy brought a heap of books, and the list goes on!

The knitted Christmas decorations were popular, and our wonderful Square devices ran hot as people used their cards to buy our goods! Noah was our tech supremo with the squares!



The day was a great success!

Subject to COVID, there should be AHLTA stalls at Manly on 26th March, October 1st and 26th November, but you will need to watch future Bugles or the AHLTA Website for confirmation of these dates.

The NEW Committee for 2021!!

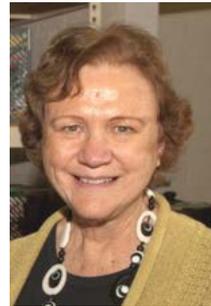
At our AGM last year, we had a really good collection of talented people who have stepped up to become our new committee for this year. It is great to see new faces, and also some of our long-standing members trying on new roles, as we look forward to brighter and better times ahead. Here's a quick overview of the Committee....

Lyn Kerslake – President (HTx)

Hello, my name is Lyn Kerslake and I am a heart transplant recipient (2011). **I joined the AHLTA committee in 2012** because I was interested in helping others with their journeys.

I have worked with many wonderful people on the committee and have served as Committee Member, Secretary, Vice President and now President.

I look forward to meeting our members in clinic, at social gatherings and at our annual gatherings.



I can be contacted via the AHLTA email address ahltastv@gmail.com or Ph 0492 918 695.

Bob Boyd – Vice-President (LTx)

I was a licenced Plumber-drainer gasfitter who retired as a result of asbestos lung damage. I've been elected vice president of AHLTA and **my goal is to raise ongoing funding for AHLTA** to be able to help needy pre and post transplantees along with assisting the clinic for equipment funding.



Cheers - Bob

Natalie Kluss-Bown – Secretary (HTx)

Hello my name is Natalie Bown. **I was lucky to receive a donor heart in 2018.** I spent a lot of time recovering post transplant both physically and mentally. In 2020, I finally had time to stop and consider how I could support AHLTA and other patients pre and post transplant. I had already joined the AHLTA support group on Facebook and COVID 19 presented opportunities to attend meetings online so I started that way. **I am super excited to be helping out as secretary in 2021.** I am really keen to continue with AHLTA **Heart and Lung Outreach (HALO)** in Tasmania as we are quite isolated down here so it is nice to meet other Tasmanians on the same journey. When I am not helping AHLTA, I consider myself to be a maker, a baker and a Speech Pathologist.



Jennifer Boyd – Treasurer (Carer)

My husband Bob had a transplant in 2018, and **I became Treasurer of AHLTA in 2020.** I have worked in the legal industry as Secretary to solicitors and barristers for many years, and was the office manager in my last position before leaving and caring for Bob in 2017. We have two adult sons and a rather large dog. AHLTA is a wonderful volunteer group who give all donations towards AHLTA house and transplant recipients in need. **I am proud to be of assistance to them to help others.**



Jayden Cummins – Committee Member (HTx)

Jayden joined the Committee in 2020. He works predominately in film production and advertising, but also has links to the entertainment industry. **Look for more details of what he is up to in the next Bugle!** There is a heap of interesting stuff that he is doing!



Andy Gough – Committee Member (HTx)

Following my heart & kidney Tx March 2004 and a rough first year, **I joined the AHLTA Committee in 2005** then in 2006 became Secretary, then became VP in about mid-July 2009 and on furlough from January 2013 until December 2017 when Joy & I rejoined the Committee as an extra pair of hands. I became President in December 2018 until December 2020.



Now, I have been elected to the Committee as a backbencher without portfolio :)!

Karen Kennedy – Committee Member (LTx) and Country Contact

Karen lives in Gunnedah, and gives more detail than a bio in her My Transplant Journey Story later in this issue.



Cody Sheehan – Committee Member (LTx)

After suffering with Cystic Fibrosis for almost 3 decades, Cody underwent a double lung AND liver transplant (BSSLTX & Liver TX) in the same 17 hour surgery thanks to not only both surgical teams from St Vincent's and RPA Hospitals, but his donor as well.



Cody enjoys fundraising and public speaking. He has had considerable experience working with/ liaising with non-profits from the Australian CF National & State organisations, to international non-profits (More Than Just Me) and other diseases as well. This also includes assisting and coordinating large scale fundraising events from gala balls to film releases and movie nights.

Cody also got Marvel approval for his own **CF Avengers** movement- a global team of CF sufferers whose sole purpose is to bring hope and joy to those with the disease.

Cody currently promotes and raises awareness for Organ Donation, via both Donate Life and through Committee involvement with AHLTA. He says "I hope the future of transplantation is that anyone who needs one - gets one" and "that Australia will eventually adopt the Opt-Out policy for organ donation".

Ron Spriggs – Committee Member, (LTX) Fundraiser

Ron joined the Committee last year, and his focus is to help with our fundraising. His efforts gained AHLTA a grant from State Water last year. He will be part of our fund-raising sub –committee this year.



Beau Bedelph – Committee Member (LTx and Tech Supremo)

My name is Beau. I am the guy that sends out the Bugle and the TYHALO through to your emails.

I had a double Lung Transplant in August of 2018, so far so good, no major issues 2 years later.... I work in Retail for Optus as a Small Business Specialist, helping Small to Medium Business customers.

I also have a hobby that is somewhat expensive... But I like to build Lego... I have the Bugatti, Lamborghini, Aston Martin DB5, Ducati, Mini Cooper, and Mustang as models, just to name a few. In the past I streamed my builds on twitch, but for the past 5 months I



haven't done much, however that is set to change on the 2nd of March where I will get back into it 1-2 times per week. Regards Beau

Joy Gough – Membership Editor (Carer)

Joy is a full-time Carer, wife, mother and grandmother. She is also an ex-nurse, ex-newsagent - there is almost nothing that Joy can't do!

Joy has single-handedly overhauled our membership records, and is keen to reach out to all transplantees.

She is happy to chat about membership and anything else, and is well worth talking to! Call her on 0415 226 316.



Lea Marheine – Bugle Editor (Ex-Carer)

Hi. I **joined the committee several years ago** to give a Country members' perspective to the committee. I must admit that now we are having meetings using Zoom or Meet there is no reason why real living in the country people, not ex-country people, can't speak up about the issues that may concern them, no matter where they live! (And Karen and Ron, who live in the country, are now on the committee as well!)



So, if there is something being planned and you want to add your skills and experience, join in. **We would love to have you.**

I believe that AHLTA has a fantastic body of knowledge and experience that can make things easier for people embarking on the transplant journey, to help them navigate and understand the process, be aware of the pitfalls and enjoy the benefits of those new organs!

Take Your Heart and Lungs Out – Tassie Edition!

Well, what a summer we are having! You are almost not game to go anywhere, in case the borders snap shut, and you can't get home!

That doesn't explain all the people who are getting out and about in any way they can, and I have never seen the amount of caravans, campers, 4WDs, bikes, and cyclists getting out and about when the sun shines, the day is warm, or they just can't stay at home for one minute more!

With all of us being restricted for at least 2021 to Oz, **it is wonderful to see people exploring home**, rather than jetting off somewhere else!

Karen Kennedy, our Gunnedah (or country) contact, recently headed to Tasmania, and here is her quick guide to travelling within Oz – in this case Tassie. Interestingly, Bob and Jenny Boyd are travelling round Tassie now.....

“During January I was fortunate enough to **“take my lungs out”** down to Tasmania. What an amazing place. The air was so crisp, clear and moist, especially in my favourite rainforest walks. Although my lung function didn't change I found it so much easier to breath down there then in my hot, humid home town this summer.



This is Karen with her Dad



My husband was working in Hobart so I just explored the south east of Tasmania through day trips picking a direction each evening and heading off to see what I could see with my travelling companion.

This is Karen at a pick your own berry farm

The scenery was delightful, the food delicious, especially the seafood and tasty pick your own berries on the way to **Russell Falls**.



Near Port Arthur a must see is the **Tasman Arch** and blowhole and if you're up for it there are helicopter rides near a lavender farm and café.

I had a visit to the UnZoo whose concept is to contain the humans on set walking paths and allow the animals to be in as near their natural environment as possible.

Richmond is the second oldest town in Australia and a really wonderful place to explore **the oldest bridge in Australia**, marvel at Australia's earliest buildings, explore a model of Hobart in the 1820's, experience great cafes and a pretty cool lolly shop.

If you are in Tasmania and travelling further afield to **Strahan** on the West Coast a cruise on the **Gordon River** is very enjoyable. I had a great time in Tassie and look forward to new adventures." KK.

To add to our Tassie experience this issue, Natalie Bown has also written in about her home state – Tassie!



Why visit Tasmania? I have lived in Tassie for most of my school life and whilst Tassie has been home to me for a long time, it has taken me a while to truly explore this amazing place. The pandemic has created opportunities to explore and soak up all that Tassie has to offer with COVID safely precautions in mind.

So let's start with **South Hobart** which is where I live. South Hobart sits in the shadow of **Kunanyi/Mt Wellington**. In winter it is cold and it is usually raining or sometimes even snowing but in summer the valley is warm and cool at nights. If you love a beer then the **Cascade Brewery** is literally next door. The original building burnt down in the

1964 fires but was rebuilt. We can smell the hops and barley roasting in the morning and evenings and they have a beautiful beer garden worth exploring.

South Hobart also offers easy access to Kunanyi walking and mountain bike tracks for those passionate about riding or active lifestyles. There is the walk through **Cascade Gardens** that takes you through to the **Cascades Female Factory**. You can do a tour here or they have shows about the history of the institution. (Some of which are highly recommended but I am yet to do.) If you continue to walk you will hit the **Rivulet Track** which takes you into the city. If you are super lucky you may see a platypus in the boulder trap in the Cascade Gardens or along the rivulet.

There are many places to visit we have been exploring **Russell Falls** and recently completed the **3 Falls Track** at **Mt Field National Park**. Watch out for the 209



steps at the end of the track!

We have also recently visited “**The Cove**” in **Don,**

close to Devonport, which is a beautiful secluded holiday villa that looks out over the Bass Strait. We were able to sit on a secluded beach and watch some little penguins climb all the way to the top of a hill to sleep. We love to visit the southern most tip of Tasmania, where the next stop is Antarctica. There is also a lovely lush town called Dover and then you can head down a scary dirt track to my favourite place, **Cockle Creek**.

Tassie is also famous for its food and wine so be sure to check that out. COVID has meant that some restaurants have closed but others have continued through the pandemic. Be sure to visit **Frogmore Creek** to taste some of John’s wine as he likes to say ‘I made that with my own two hands’

We also have the famous **Salamanca Markets** on Saturdays that are modified but still running and our very popular **Farmgate Market** on Sundays where Tassie's famous fresh produce can be bought! We have been blessed with an abundance of plums, apricots, raspberries, sour cherries and so much more this year. **There are so many spectacular places to explore in Tassie** so come and explore when safe to do so! NKB.

Back to more general topics, there seems to be a lot of info that may be of interest being posted on Utube, Facebook, or Instagram about **places to go that other people are visiting and enjoying**. Recently, I counted 60 cars at the previously "locals only" dams at Clarence (near Lithgow) and the people who were there swimming, climbing the rocks or canyoning told me that they had heard about the dams on Utube and Instagram.

For driving enthusiasts, last year some of the Cystic Fibrosis groups in NSW planned or ran some Covid safe, tag-along 4WD weekends, to allow their members to meet, socialise, see some different countryside, but keep to their family groups (in their own cars) for safety's sake. Would our AHLTA members like to try something similar? A road trip to Orange, Milthorpe or Young perhaps? A trip to Dubbo via Mudgee or Parkes? A trip to Berry? Please let us know of your ideas, or if you are interested, on alhtastv@gmail.com or sms to 0492 918 695.

Last Riverboat Postman Cruise – 8th April 2021

If you are one of the people who indicated that they wanted to go on a cruise on the Last Riverboat Postman (A lunch cruise up the Hawkesbury River from Brooklyn, just north of Sydney), some of our members have already booked for 8 April, 2021. The cost is \$49.00 for concessions, and includes a light lunch. **If you decide to come, contact the tour company directly, 0400 600 111** and let them know you will be sitting with the AHLTA group. (Check out the website <https://riverboatpostman.com.au/> for more details.)

Today I turned 50 and I'm celebrating!

So many people think of 50 as middle aged and curse getting older. **I feel so blessed to be here** given I nearly died at 29 and then faced another life-threatening illness at 31. I'm celebrating turning 50 thanks to the amazing gift of my donors.



This is my story so far.

In 2000, I had begun to feel unwell, with shortness of breath, bruising, uncontrolled bleeding and a pounding headache. Knowing something was wrong, I made an appointment with my local doctor, who requested a pathology test. It took a couple of days to get the bloods done, with my sixth sense telling me that the results would not be in my favour. That sense turned out to be shatteringly correct.

The doctor found me in Woolworths, Gunnedah as soon as he saw the results, saying **“I need you need to get to hospital as you are very unwell”**. I was airlifted to Sydney in a critical condition. I didn't know at the time, and found out later, but I only had days to live. I was diagnosed with Aplastic Anemia, a rare and potentially fatal blood disorder where the bone marrow ceases to produce enough blood cells. I urgently required a stem cell transplant.

All five of my brothers and sisters were tested to see if they were a match to donate, with my brother thankfully a positive match. I had a stem cell transplant. What eventuated was a seven week stay in hospital, followed by three months of living near the hospital for frequent checkups. Unfortunately, I developed graft versus host disease, where the donor stem cells attack the recipient. This caused obliterative bronchiolitis which caused scarring on the lungs. What eventuated was requiring a second transplant in 2002, this one for a new set of lungs.

What transpired was an **eight month wait for the double lung transplant**, during which I whittled away to only 40kg and 26% lung capacity. I struggled to eat, shower and walk very far.

It's a very scary time on the waiting list. People said never give up, but it's not that easy, it's very stressful, it's new and unknown and there is that fear of the unknown.

What helped overcome the fear and battle on to receiving new lungs was not only **the wonderful support of family and friends** but talking to people who had gone through the fight to stay alive, and stay fit enough to receive a transplant ,before me and attending the compulsory support meetings for those waiting for a lung transplant. **The biggest thing for me was talking to people who had been there and done that.** It made it easier for me to get through it. I try and reciprocate that generosity and attend the meetings when in Sydney to support those going through what I went through, providing inspiration that a healthy and active recovery is possible.

Remarkably it was only a ten-day hospital stay post operation. The benefits of exercise were also important, with hospital staff getting me moving around as soon as I was able to get the new lungs fully functioning. Fortunately, my body accepted the new lungs, and even though I have had a few infections, swift action ensured they didn't turn into a major issue. **I urge all transplant recipients to be diligent with all their checkups** to ensure any issues are dealt with quickly. Over the many years since my transplants, I have lived a full and active life, travelling overseas and running my own business.

I'm open and willing to discuss my story in the hope of raising more awareness about both giving and receiving organs. I'm here to support anyone going through the process of receiving an organ donation and actively encourage families to discuss their wishes when it comes to donating organs, **as it is the families of the potential donors that have the final say.**

Just reach out to the AHLTA for my number, or send a message to me on ahltastv@gmail.com or or sms to 0492 918 695.

I wish everyone good health and gratitude for a second chance at life.

Solid Organ Transplant Delirium

Due to the increasing number of patients I meet who have suffered **Post Operative Delirium**, the topic has become of growing interest to me of late. Now I believe that it's time to refer to it as a "complication" and shine some light of this very important topic.

During my work-up, I was barely warned about the far reaching affects of Post Transplant Delirium should it occur. From memory it was a very small paragraph in a booklet given to me the day I was told I would need my heart transplant. As most of you would know, information given to us during this emotional time is about as useful as being told the instructions for an emergency exit should one be required to help if allocated such seating during a plane crash.

The more I speak to fellow patients, what concerns me is there appears to be lack of preparation provided for patients surrounding Delirium during their work up to transplant. Delirium may not occur in all patients, however, when it does it is a very serious medical issue that needs to be addressed.

It's time we look at education, possible prevention, early diagnosis and treatment. I personally was very lucky to have escaped the horror of such events in my transplant journey. However, hearing fellow patients describe their experience with Delirium makes me passionate to explore how we can improve this part of the patient experience in the future.

For some patients delirium can last several days, without any reprieve. During this time patients can experience ongoing hallucinations and for some a total disconnection from reality. These hallucinations can often be violent & dark, and therefore when recalled by the patient both disturbing and confronting, with some struggling to decipher reality from the Delirium they experienced.

For carers, it can be an extremely concerning time and unsettling time, as a carer cannot change the state of mind of the patient. I feel better

education for carers Pre-Transplant would assist with early diagnosis, therefore possibly leading to less suffering for the patient.

I have discovered that **some medical staff believe that the delirium is an isolated incident**, and once the patient is able to return to a somewhat sound state of mind, the events that took place during their delirium no longer remain. However, after speaking with patients who have experienced both mild to severe delirium, I have discovered this is certainly not the case.

Regardless of how many years have passed since the patients experience with Delirium, each patient I have spoken to, can recall all of the details and effects they suffered as a result of their Delirium. Many of these patients also recall that no counselling or therapy was provided to assist them in recovering from the effects of Delirium. **Perhaps hospitals can look at involving specialist teams to assist with Post-Operative Prevention measures**, along with education programmes for patients and carers.

I believe the most effective programmes would include involving both patients and carers. Giving both the patient and the carer the opportunity to share their experiences with other patients/carers, to ensure carers in particular are aware of the possible signs of Delirium during their loved one's recovery. This would therefore assist with early diagnosis leading to a more appropriate care plan for the patient.

Much research has been done, as to why and how Delirium occurs in some patients. I feel greater focus needs to be placed on this complication, which will in turn provide a better patient experience moving forward, **leading to better outcomes for the patient** both emotionally, physically and mentally.

Our thanks to Victoria McGee for this article. Victoria is a Heart Transplant Recipient (2019) & Founder of **Together in Transplant**: a Patient Support Network run by Patients & Carers for Patients & Carers. Est 2020.



Carer's Self Care

If you are a Carer, there is a strong reason to focus on the health of the person that you care for. In the case of AHLTA members, Carer's are well aware that an issue arising with their family member is always potentially serious, and so we do tend to focus on the next medical issue, or the next check-up and so on for our transplantee family member.

However, I was recently talking to the Carer Support Manager at Wyong Hospital, and she mentioned that there is research showing that in the period that a Carer no longer cares for their family member/partner, there is a very high incidence of serious disease being found in the Carer, as they **may have neglected their own regular health check-ups** in favour of ensuring the health of the person they have been caring for. It also may be due to stress....

For this reason, **please ensure that you have your regular medical check-ups**. If you are female, mammograms, pap smears, should be carried out on schedule. Males should have their prostate checked.

All of us should have annual checks for diabetes, high blood pressure, heart disease, and do not neglect any issues that arise – lumps, sores that don't heal, areas your dog licks all the time for no reason (dogs often smell cancer well before humans can find it!), blood in your urine or stools – your health is important, so don't neglect it!

HALO - Heart And Lung Outreach

Natalie Kluss-Bown has started a small outreach group for pre and post heart and lung transplant people currently living in Tasmania. Hopefully in future we may be able to have a get together. If you are interested in joining us then please send a Facebook message on Messenger (Nat Kluss-Bown) or search for 'Heart and Lung Outreach (HALO) Tas' in Facebook groups.

How Good is your GP?

If you have been diagnosed with a serious heart or lung disease, it is essential that you have a good medical support network. You will be facing a long and tiring battle, and it is much easier if you have good quality advice and management of your condition.

To do this effectively, **a good GP is essential. Above all, a good GP should realise that a transplantee needs above-average care and attention.** It is the GP who is your first point of call, and they should be involved in the sharing of information amongst the network of specialists that you may see or be referred to. The GP is the hub and manager of your expert advice, and should act that way.

- They should ensure with their receptionist that when you or your family ring in with a concern, that **the GP is notified immediately**, so that action can be taken quickly to see if an infection or a complication has arisen. It is much better to deal with health issues early, than see the transplantee end up in hospital due to inadequate attention.
- Having your GP on board to test immediately when you suspect you are coming down with an infection can be critical. It usually takes several days to confirm the source of an infection. **If that process is already underway** when you are hospitalised, it allows the medicos to give you targeted antibiotics, for that specific infection, rather than resorting to a general purpose version.
- Having request forms for Xrays/nasal swabs/ECG's/CXR etc ready to go can save you days, which may be critical.
- Sudden vertigo, diarrhoea, oedema, loss of lung function, lower oxygen readings and breathlessness all need checking out immediately. Your health is fragile and you can't take chances!!

Remember, even minor symptoms can be readily interpreted by doctors, often in a life saving manner!

Here is the current request form from St Vincent's for your annual referral to the St Vincent's Clinic. **Please ensure that yours is current.**



**ST VINCENT'S
HOSPITAL**
SYDNEY

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

St Vincent's Hospital Sydney Limited

ABN 77 054 038 872

390 Victoria Street
Darlinghurst NSW 2010

Telephone 02 8382 1111

Facsimile 02 9332 4142

www.stvincents.com.au

Dear Dr,

Request for 12 month referral

Please be advised we will require a 12 month referral to the Heart Lung Clinic for ongoing management post-transplant.

Could you kindly provide a referral letter that includes your practice details, provider number and HealthLink or Argus identification to ensure that we can communicate our ongoing assessment and management of above patient.

Our clinic can receive this referral by the following means:

In person on the patients next clinic appointment or;

Fax: 83823898 or Email: SVHS.HeartLungClinic@svha.org.au

We would appreciate that you will continue to manage the above mentioned patient for non-transplant related health follow-ups as the local General Practitioner.

Yours sincerely,

Heart Lung Clinic

Make a Donation to AHLTA

Your donation will make a difference to AHLTA's current and future services for heart and lung patients, their families and carers. In return for your generous contribution, AHLTA will guarantee that your donation will be applied to provide service to members in need.

All donations of \$2 and over are tax deductible.

You can make a donation in a few ways.

- ♥ You can go to a bank, or via internet transfer, transfer **directly into our bank account**. Our account is with St George.
 - ♥ The BSB number is 112-879 and the account number is 430 207 141. (If you go to the bank, the Account is AHLTA Inc).
 - ♥ If you aren't sure that we have up to date contact details for you, please put those in your message as well, so we know where to send your receipt.
- ♥ You can ring Lyn or Jenny, and make an over the phone donation, using our "square". You can also send an email to these ladies, and they can ring you back to process your donation. There is usually one of the "Square" devices at our Foyer Stalls. You can also make a cash donation at our stalls.
- ♥ You can donate through the Pay Pal Giving Fund or Facebook.
- ♥ Donate through the AHLTA Website donate button.
- ♥ **If you would like a receipt of your donation for tax purposes**, after you have either been given a receipt from the bank teller, or you have a confirmation on your computer /phone screen, please send a copy of your transaction to the AHLTA email address altastv@gmail.com or sms to 0492 918 695.

Cover Photo Hornby Lighthouse by Richard Kerslake. Photos in Natalie's Tassie story by John Bown.