

Spotlight on Our Nursing Team



Sherrie Adams, MSN, RN, graduated from Cumberland University in Lebanon, TN 1993 with a BSN and from University of Phoenix 2006 with her Masters in Nursing. Sherrie's

work experience includes six years as a staff nurse at St. Thomas Hospital on the renal diabetic floor where she later became the Assistant Nurse Manager. Sherrie's clinical experience is in endocrine disease, chronic renal disease processes and transplant patient management. From 2004-2006, she worked with the St. Thomas Heart Group as Dr. Wigger's hospital nurse making rounds, assisting with admission orders and discharge orders for heart failure and heart transplant patients. In 2007, she began work at Vanderbilt Medical Center in the Heart Transplant Program with Dr. Wigger and his team as one of the post-transplant nurse coordinators. Sherrie likes to travel and spend time with family, her boyfriend Mike, and her dogs.



Dawn Eck, ACNP-BC, has worked as an intensive care RN and completed her Master's of Nursing at the Vanderbilt School of Nursing in 2006. During her Nurse Practitioner training, Dawn

chose to focus primarily on cardiology by training with a private cardiologist and in Vanderbilt's Cath Lab. Dawn joined the Heart Transplant Program in July, 2007.



Patti Logan, ACNP-BC, has been the Heart Transplant/VAD Coordinator at Vanderbilt since 2002. She received her Masters in Nursing from Rush University in Chicago in 1992, and her NP at

the Vanderbilt School of Nursing in 2006. Patti has more than 30 years of nursing experience, including roles in patient education, research, and care coordination. During these 30 years, Patti has also practiced

nursing in California, Illinois, and Hawaii. She is a past board member and speaker for the American Heart Association.

Robbie Brown, MSN APN-BC, relocated recently to Nashville from Clearwater/Tampa, FL and began work at Vanderbilt Heart Transplant February 1, 2008. Robbie is a new nurse practitioner, having just graduated from the University of



Tampa as an adult NP in December. She has been a nurse for almost 18 years. For the last 14 years she has been involved in transplant and prior to coming here had worked at LifeLink

of Florida for 10 years. She is certified as a clinical transplant coordinator and an organ procurement coordinator. Robbie has been married to Bill for almost 30 years. Robbie plays classical guitar (badly), crochets and reads. She also enjoys walking and hopes to start doing some hiking and bicycling here. She looks forward to having a chance to meet you all and to work with you.

Our Heart Transplant Team



Jennifer Fosnot, Pharm.D.
Pharmacist



Dottie Dockins
Data Management Specialist



Angela Karnes
Registered dietitian



Joanne Ball
Director
Return-to-Work program



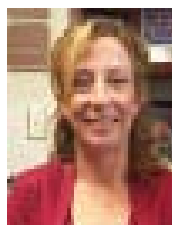
Anne Schmitt
Social Worker



Karen Starr
Director
Transplant Psychiatry



Andre' Howard
Data Manager



Nicole Brewer
Data Management
Specialist



Linda Storey
Financial Counselor

2008 NKF U.S. Transplant Games Registration is Open!

The U.S. Transplant Games will be held in Pittsburgh, PA from July 11 to July 16th. You can get information regarding the games or register at <http://www.kidney.org/news/tgames/index.cfm>. This is a wonderful opportunity for the novice to elite transplant recipients to gather together to celebrate the 'gift of life'. As a transplant recipient you are already a winner- now let's celebrate!

Healthy Summer Eating

Spring is finally in the air and with it comes the promise of fresh produce after a long winter of not-so-fresh (not to mention expensive) fruits and vegetables. Most people have heard the old saying about an apple a day keeping the doctor away, but the truth is that no one fruit or vegetable will provide all the nutrients you need to stay healthy. Eating a variety of fruits and vegetables is the real key. Research has shown that eating plenty of fruits and vegetables can help reduce the risk of stroke and heart disease, control cholesterol and blood pressure, prevent some types of cancer, promote intestinal health, and can even help protect us against the signs of aging. These benefits stem from the fact that

fruits and vegetables contain crucial vitamins, minerals, fiber, and other nutrients needed by the body. The more different fruits and vegetables you eat, the wider range of important nutrients you receive. Knowing what produce is available locally is a good place to start. Below is a list of fruits and vegetables that become available in Tennessee in the months of April and May.

Asparagus
Broccoli
Cabbage
Cauliflower
Carrots
Collards
Kale
Lettuce

Mushrooms
Onions
Raspberries
Rhubarb
Snow peas
Spinach
Strawberries

Work on sneaking some extra servings of these fruits and vegetables into your diet over the next couple of months. For example, at breakfast add raspberries or strawberries to low fat yogurt, cereal, or oatmeal or make a smoothie using low fat yogurt, berries, ice cubes, and a touch of fruit juice. At lunch, try wraps or sandwiches stuffed with several vegetables like mushrooms, onions, and spinach. For dinner, add texture and color to pasta with carrots and broccoli and try sprinkling raspberries or strawberries onto green salads. So, let these easy and tasty tricks help you achieve the 5 – 9 daily servings of fruits and vegetables recommended for optimal health.

Summer Skin Care Safety

Hot weather is just around the corner and we have a few tips to keep you safe this summer!

Skin cancer is a huge health concern for many types of patients, but especially in transplant recipients. These are a few shocking facts about skin cancer and transplantation:

- Skin cancer is the MOST common cancer after transplant
- HEART transplant patients (followed by kidney recipients) are MOST likely to develop skin cancer!
- Anti-rejection medications and sun damage cause or allow skin cancer to form
- Only 40% of transplant recipients regularly use sunscreen!!

In order to reduce your risk of skin cancer, follow these **10 DAILY** steps to protect yourself:

1. It does NOT matter what season it is – you are at risk of sun damage in the winter, as well as, the summer, so wear sunscreen every single day.
2. The easiest way to remember to apply sunscreen is to make it part of your daily habit when getting ready in the morn-

ing. Try putting the sunscreen near your toothbrush, so that you can remember to use it EVERY day.

3. There are many sunscreen products to suite all types of patients, especially facial cream products – some contain sunscreens that are hypoallergenic for those with sensitive skin. There are also brands made specifically for men and even some with SPF + anti-wrinkle agents!
4. You should wear a sunscreen that protects you against UVA and UVB rays – both are harmful to the skin. The higher the Sun Protection Factor (SPF) the better, but you should at least use SPF 30.
5. Be sure to apply sunscreen to ALL uncovered skin, ESPECIALLY the face, neck, hands, and forearms. Don't forget to apply a chap stick/ lip stick with at least SPF 15, too!!
6. Try to avoid the sunlight during the most intense hours of the day – 10am until 4pm. If you need to be outside, wear a hat to cover your face and neck, long sleeves, and pants to cover arms and legs. Don't forget sunglasses to protect your eyes!!

7. You need to reapply sunscreen every 2 hours when outdoors, you may need it more often if you are swimming or sweating.

8. Do NOT use tanning booths – these are just as harmful as sunbathing!

9. Keep track of your skin by doing self-skin examination checks – if you notice a change or new development in a mole/skin area, contact your dermatologist right away.

10. See a dermatologist EVERY YEAR, no matter what kind of skin type you have.

Helpful Internet Site information:

<http://www.at-risc.org/>

<http://www.cdc.gov/cancer/skin/>

<http://www.cancer.gov/cancertopics/types/skin>

References:

1. www.at-risc.org
2. Berg D, Otely CC. J Am Acad Dermatol. 2002; 47(1):1/17.
3. Euvard S, Kanitakis J, Claudy A. N Eng J Med. 2003; 347 (17):1681-91.
4. Jensen P, Hansen S, Moller B, et al. J Am Acad Dermatol. 2000; 42:307.

Want to help other Transplant Recipients?

Would you like to become involved in the lives of other transplant recipients? Would you like to share your knowledge of living life post-transplant with someone who would like your support? If you are interested in getting involved with the Heart Transplant Support Network, then please call Anne Schmitt at 615-936-0398 for more information.

If you would like to donate to the Vanderbilt Heart Transplant Program, there are two funds you can give to. The Patient Assistance

Fund and The Research & Education Fund both help people who have had or need transplants. Please mail all donations to the following address:
Vanderbilt Heart Transplant "Patient Assistance Fund" or "Research & Education Fund"
c/o Yvonne A. Moneypenny
808 Oxford House
Nashville, TN 37232-4745
If you have questions, contact Yvonne Moneypenny at 615-936-0388.
Thank you!

Summer Picnic

The Heart Transplant Program will be having its annual patient picnic September 20th. It will be held at Edwin Warner Park. We will have food, music, games, and prizes. If you have a talent you would like to contribute to the picnic, such as music or crafts, please let us know! This is a great chance to meet other transplant recipients. Please bring your family and friends to this event to help the Vanderbilt Heart Transplant Program celebrate you!
Please RSVP to Anne Schmitt at 615-936-0398 by August 29th.

Forget-Me-Notes

The Heart Transplant Office's contact numbers are: (615) 936-3500; Fax: 615-936-3829. Please call us and let us know if there is a change in your phone number, address, or insurance. Also, please call us if you can't keep your clinic appointment. Remember to do your 3 month labs. You will receive a follow-up call regarding your clinic visit once all results are back. Please remember to wear sunscreen everyday to protect yourself!

Financial Corner:

Building your cash reserve

If you haven't established a cash reserve, or if the one you have is inadequate, you can take several steps to eliminate the shortfall:

- Save aggressively: If available, use payroll deduction at work; budget your savings as part of regular household expenses
- Reduce your discretionary spending (e.g., eating out, movies, lottery tickets)
- Use current or liquid assets (those that are cash or are convertible to cash within a year)
- Use earnings from other investments (e.g., CDs, stocks, mutual funds)
- Check out other resources (e.g., do you have a cash value insurance policy that you can borrow from?)

A final note: Your credit line can be a secondary source of funds in a time of crisis. Borrowed money, however, has to be paid back (often at high interest rates). As a result, you shouldn't consider lenders as a primary source for your cash reserve.

The foregoing information and opinions are for general informational purposes only, and are not intended as an offer or solicitation with respect to the purchase or sale of any security or offering of individual investment advice. The Registered Representative does not guarantee the accuracy and completeness, nor assume liability for loss that may result from the reliance by any person upon this material. Securities Offered through Securities America, Inc., Member FINRA/SIPC, Wm. B. Garrett, CFP®, CCPS, a Registered Representative. Securities America, Inc. is not affiliated with Garrett Financial, LLC.

Bill Garrett is a practicing Certified Financial Planner™ professional in Brentwood, TN specializing in retirement income planning and portfolio management. If you have a financial question you would like him to respond to, then please mail your questions to Anne Schmitt at 908 Oxford House, Nashville, TN 37232.



Vanderbilt Heart Transplant

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Nashville, TN 37232-4751

Heart Happenings



Vanderbilt Heart

A Newsletter for Heart Transplant

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A Word from Our Director

It is my pleasure and honor to kick-off the Heart and Lung Transplant VUMC newsletter. We have great expectations with the newsletter to share new ideas and treatments, discuss current events, give news updates, provide continuing patient and staff education, and most importantly provide an additional dynamic medium for the patients and staff at Vanderbilt Transplant Center.

This is a wonderful opportunity to share, update, and encourage growth as a program. We are going to showcase staff, administration, old and new patients, and events such as our first annual Survivors Luncheon that was encouraging and uplifting to all. I think you'll enjoy the chance to spend time with other patients and staff away from the clinic setting, and I look forward to seeing all of you next year.



Mark Wigger, M.D.
Medical Director
Heart Transplant Program

Please participate and encourage your fellow recipients to be a part of this. As you know, there are people waiting who need our support and prayers in so many ways. Contributing to the content of the newsletter will be a great way for you to help others by letting them know what to expect and give back a portion of what you've been given - 'the gift of life'. ■

Heart Transplant Survivor Luncheon

By Judy McSurley

"The Heart Transplant Survivors" were treated to a wonderful Luncheon on February 28, 2008.

It was a very warm friendly gathering. We were able to see old friends and meet new ones.

Since I had my heart transplant in 2004, I have met some of my fellow transplant patients. I've seen them either in the Heart Clinic or at the yearly Heart Transplant Picnic. Very rarely have I had the opportunity to meet most all the doctors, nurse practitioners, surgeons and the procurement surgeons. They were the doctors who held a still heart in their hands before it was placed into our awaiting chest. The team watched as the heart started pumping life into our bodies. I'm sure all of us as transplant patients know a 'miracle' occurred at that very moment.

The first year after our transplant most of us, as patients, think only of ourselves. We try to remember what medications we're taking and try to recall our doctor's appointments and how many trips we make to Vanderbilt Heart Vascular Institute, especially the

first year. Suddenly a year or so you realize the help, love, and care that have gotten us through it all. We could have 6 transplants, but if we didn't receive the follow-up care and expertise from our doctors and our nurse practitioners it would all be in vain. We should never stop thanking them for their time, care and careful analyzing each of our individual cases.

We must not forget our families; they deserve so much credit for our healing. They have driven endless miles to the Heart Clinic, Cath Lab and for physical therapy. They've helped with our medicines and most of all given us moral support and love.

The luncheon was bright, uplifting and provided an opportunity, for us as patients, to shake hands with the Heart Transplant staff and to look them directly in the eye and tell them, "Thank You." They gave us the most precious gift one can receive. They gave us life.

To the Vanderbilt Transplant program, we say "thank you from the bottom of our HEARTS." ■



Heart Transplant Team

Sitting (left to right) Karen Starr MSN; Dawn Eck, NP; Sherrie Adams, MSN, RN; Jennifer Fosnot, PharmD

Standing front row (left to right) Anne Schmitt, CMSW; Angela McWilliams; Linda Storey; Patricia M. Coffey, LCSW (VA); Dottie Dockins; Judy Burger, Pediatric Transplant Coordinator; Molly Peco, MA

Standing back row (left to right) Andre Howard; Kristy Walker, NP; Steven Hoff, MD; Mark Wigger, MD; Shawanda Clay, MSN, ACNP (VA)