The national organ transplant wait list now exceeds 110,000 people, with three out of every four people waiting for a kidney. Sadly, about 18 people die each day waiting for organs because the need is far greater than the supply.

To help raise awareness about the importance of organ donation, the Kidney Transplant Center at CAMC General Hospital, the Center for Organ Recovery and Education and the CAMC Foundation will sponsor the seventh annual “Power of Organ Donation Night” on Friday, June 22 at Appalachian Power Park (across from CAMC General Hospital). We have a limited number of FREE SEATS available for CAMC transplant recipients for this game only (limit 2 per patient/first come, first served). Call (304) 388-7823 by Monday, June 18 for tickets.

The game starts at 7:05 p.m. However, CAMC transplant patients and their families are asked to be there by 6:30 p.m. to be recognized on the field.

Fans will have the opportunity to meet West Virginia native Quincy Wilson, who played college football for WVU from 1999-2003. He is best known for his unforgettable touchdown catch-and-run against the Miami Hurricanes in 2003. He went on to play professional football for the Cincinnati Bengals and Atlanta Falcons. Quincy is the son of former NFL linebacker Otis Wilson, and became an advocate for organ donation after family friend and NFL Hall of Fame inductee, Walter Peyton, died of liver disease in 1999.

This annual event highlights the importance of organ and tissue donation by recognizing donors and recipients and giving fans the opportunity to sign donor cards. Plus, stop by the Kidney Transplant Center’s booth to meet Wilson and receive a free “Power of Organ Donation” T-shirt (while supplies last).

CAMC is home to the only kidney transplant center in West Virginia. Currently there are 140 local adult and pediatric patients on the waiting list to receive a kidney transplant. In addition, more than 500 patients are being evaluated for transplantation.

Transplant stories
Do you have an interesting story about your transplant or about what it has meant to you? We want to hear it! We would like to share stories from our patients on our CAMC website. Your testimonials speak volumes about our program and touch lives. If you would like to share anything with others about your transplant experience, please let us know.

Insurance plans now available for everyone
There is currently available in every state a Pre-Existing Condition Insurance Plan that was created under the Affordable Care Act. PCIP enrollees can choose from three plan options with different levels of premiums, calendar year deductibles, prescription deductibles and prescription co-pays. There is also a Health Care Savings Account option that is tax exempt where you can deposit funds for eligible medical expenses. Preventative care is paid at 100%, including annual physicals, flu shots, mammograms and other cancer screenings. After you pay the deductible you pay 20% for medical costs in-network. The maximum out-of-pocket cost for covered services in a calendar year is $6,050 in-network and $7,000 out-of-network. There is no lifetime maximum or cap. There are requirements: you must be a citizen of the US, have been uninsured for the past 6 months, and have a pre-existing condition or denied coverage because of your health condition.

Go to www.healthcare.gov, www.pciplan.com or 1-800-220-7898 for more information. To apply for the Pre-existing Condition Insurance Plan, call 1-866-717-5826. Some of these plans are run by the state and some are run by the US Department of Health and Human Resources. Comparing costs and coverage is essential. Here is an example of the cost for a 45- to 54-year-old person enrolling in the Pre-Existing Condition standard plan in West Virginia: $273 per month for the extended plan same ages $367. This compares to the cost of $99.90 for Medicare Part B, plus a supplemental at $150, plus a Part D plan $50. It is not cheap, but at least insurance is available. In the past, most insurance would not cover transplant pacientes at all. WV SHIP offices can help you. Call 1-877-987-4463 or 1-877-987-3646 for more information.

Appeals for Medicare Part D Denials
There is a form to appeal a denial for Extra Help with Part D. It is ALWAYS worth appealing denial – the worst thing that can happen is that they say no. It has been our experience that they usually say yes upon appeal, especially if you are a transplant patient with expensive medical bills. The Extra Help Part D means there is no doughnut hole, no deductible, a low-cost plan, and you never pay more than about $6 for brand name drugs. There are two levels of extra help, and it’s worth a try. (All of those old outstanding medical bills might be good for something after all!) Ask the transplant social worker for more information about the appeals form.

Join us for HealthFest at the Charleston Civic Center on Saturday, June 2! See next page for more information.
Free and low-cost health screenings at CAMC HEALTHFEST: Saturday, June 2 Charleston Civic Center

If you or your spouse have a hard time paying for lab work, here is an opportunity to get it done inexpensively. CAMC’s annual HealthFest health fair will take place Saturday, June 2, 2012 at the Charleston Civic Center from 7 a.m. until 2 p.m.

For $20, you can get a comprehensive metabolic blood panel and blood test for lipids. Registration is required (see below). The blood test includes blood urea nitrogen (BUN), creatinine, sodium (Na) levels, potassium, chloride levels, CO2 level, calcium and glucose. The lipid panel (requires fasting) includes HDL, LDL and VLDL cholesterol levels.

There are many other tests available for a nominal fee including: thyroid (TSH) for $20; prostate-specific antigen (PSA) for $22; C-Reactive Protein high sensitivity (hs-CRP) for $15; A1C venipuncture for $6; Vitamin D for $28; non-fasting cholesterol fingerstick for $10; and hemoglobin A1C fingerstick for $5.

There are also many FREE screenings, including stroke, diabetic eye, peripheral artery disease, heart, diabetes, osteoporosis, hearing, and sports physicals for middle school and high school students. You can also discuss your medications with a pharmacist, get help preparing living wills and medical powers of attorney, learn about nutrition, and talk with a dentist about oral health. For children, there are height and weight checks, fingerprinting and games.

Some screenings require pre-registration and are reserved on a first-come, first-served basis. To register, call (304) 345-9051 Monday through Friday between 8:30 a.m. and 4:30 p.m.

Medicare

Medicare will pay for a second opinion if a doctor recommends that you have a “major diagnostic or therapeutic procedure.” It will also pay for a third opinion if the first and second doctors disagree. Under Medicare Advantage Plans the rules differ, and usually all of the doctors must be in-network for your plan. So don’t make an appointment with Johns Hopkins or Cleveland Clinic without clearing it with them first.

New website for young adults with kidney disease: www.ktalk.org

The National Kidney Foundation of Michigan has created a website called kTalk. It’s an e-community forum for discussing life with kidney disease, including hobbies, education, work, relationships and kidney-related self care. Any young adult registered can submit recipes, photos, poetry, writing and tips for living with kidney disease. Peer support is available to answer questions, post on the blog, and/or share experiences about life with kidney disease. Mentors monitor the site and respond to personal questions. Members can submit general questions, but mentors do not give medical advice. Some of the topics covered are as follows: diet and nutrition, exercise and physical fitness, managing medications, education and scholarships, returning to work and careers, relationships, traveling on dialysis, current news and research, and links to outside websites.

Summer tips

Summer is quickly approaching, and given the warm winter and spring we had, we are most likely looking at a VERY hot summer. Please keep the following tips in mind when enjoying the beautiful weather:

• SUNSCREEN, SUNSCREEN, SUNSCREEN! Remember that transplant patients have an increased risk for skin cancer, and sunscreen is your best defense to help prevent it. ALWAYS wear sunscreen when outside, no matter if it’s sunny or overcast.

• DRINK, DRINK, DRINK. When out enjoying the hot weather be sure to stay hydrated. We all lose a lot of fluid through sweating, and this does count as output.

• DON’T leave your meds in your car in the summer heat – it can ruin the medication! Check with your pharmacist if you have any specific issues.

• If you are taking a vacation this summer remember to take enough medications with you for the entire stay. The last thing you want to find out while relaxing is that you are out of meds. Also, please follow the TSA guidelines for taking medications on an airplane.

Prograf...Generic?!?

As many of you may have already learned, Prograf now has a generic available. There are many different generics available and more to come. Our recommendation is that you remain on the same medication and do not switch unless no other option is available. If you are still taking brand, we would like for you to remain on brand. When calling in for refills, please state this in your message. There is a generic available called Hecoria that is an option for those with no choice regarding generic, and this would ensure the same generic was being taken consistently. Please call the transplant office with any specific questions or concerns.