

# Uptown News Beat

## From Our President

Happy February! Love is in the air. I hope you are all remembering to wear **RED** on Fridays this month since it is Heart Health Month.

We have a business meeting being held on Wednesday, February 13 in which we will be discussing our Scholarship Fund. We have been working hard to vump up our exposure in order to help women in our local communities become even more successful.

On February 27, we will have our program meeting. Tonya Eckert will speak to us about the Violence Against Women Act and also share stories with us from Safe Place. This is sure to be a meeting you'll not want to miss, as we all strive to improve the lives of all our Permian Basin women..

I attended our Chamber's State of the Economy luncheon yesterday at Midland Center. It is probably no surprise to anyone that the unanimous consensus of our panelists was optimism, optimism, optimism. There is no end in sight to our thriving economy. Some predict substantial growth to a population of 200,000 by the year 2020. 2020! Gosh, can you believe we are only 7 years away from 2020?! Remember when we thought that was sooooooo far in the future? Anyway, we are richly blessed to live here. May you all take time out of your busy schedules to remember the real reason we are all here. To love and to serve. See you soon!

*Stacy Nelson*  
 Uptown President  
 2012—2013



## Uptown

## Midland BPW

## Calendar

- > Feb 21—Style Show Committee Meeting after work. Watch your e-mails for time and place
- > Feb 27—Tonya Eckert with Safe Place Addressing the Violence Against Women Act and Safe Place Stories—Speaker—Petroleum Club - Noon
- > Mar 13—Program Meeting—Noon—Petroleum Club -



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# ORGAN DONATION.....Dr. Larry Melton

## Transplant Surgeon with Baylor University

There are currently 95,000 patients in the United States and 9,000 patients in Texas waiting for a kidney transplant. The waiting time, on average, is long. It varies with blood type and for the most common blood type, O, it can be as long as five years. During this time the patients remain on dialysis and suffer the continued complications of kidney failure.

Many of these people have living donors who would like to give them a kidney. Some do not. It would be advantageous to receive a living donor kidney for many reasons: they tend to work better and last longer, there is no waiting time on a list and the surgery can be timed to meet the demands of both donor and recipient schedules

The evaluation for an organ donor consists of a complete medical examination. This includes a history and physical examination, routine blood tests and an arteriogram to look at the blood vessels supplying the kidneys. There may be other tests that need to be done depending on the donor and their particular circumstances. These could include a mammogram, cardiac stress test, colonoscopy or various others. Once they have all been completed the Transplant Selection Committee will review the evaluation and make a decision about organ donation.

The costs of the evaluation are paid for by the recipients insurance so there is no out of pocket cost to the potential donor. There may, however, be some travel expense and time off work that are not reimbursed and the donor should be prepared for these.

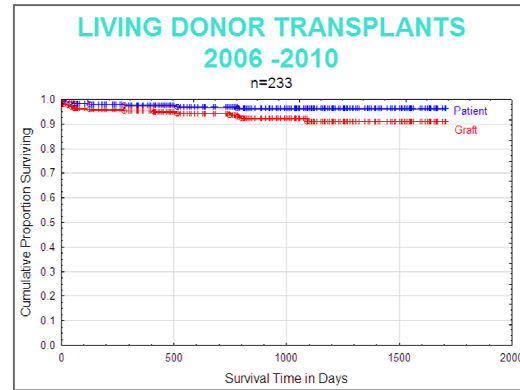
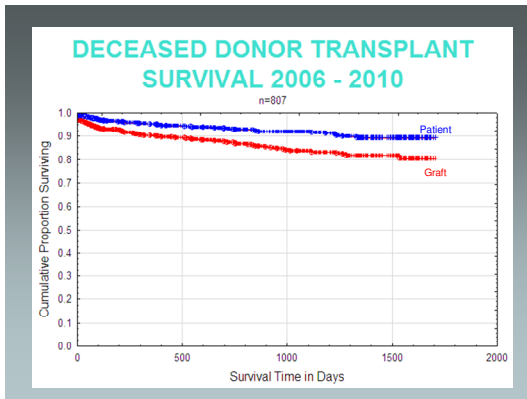
One does not have to be a family member to be an organ donor. A donor can be a friend or coworker. In some instances donors may not even know the recipient but since they are not compatible with the intended recipient they are donating to another individual who has a potential donor that is also not compatible. By “switching” donors that are compatible with the other recipient both recipients can get transplanted.

The donor surgery is generally done laparoscopically. There are usually four small incisions on one side of the abdomen and then a fifth, slightly larger one through which the kidney is removed, that is just above the pubic bone. The donor typically spends about three days in the hospital (range from two to five) and then is able to go home and return to their normal activities within two weeks. At three months they will be seen by the transplant team to make sure they have recovered well and to check on their remaining kidney function. There are typically no long term adverse effects from kidney donation.

Those who wish to sign up to be an organ donor in the event of an untimely death may do so when they renew their driver’s license or by going to [www.donatelifetexas.org](http://www.donatelifetexas.org). For those who wish to inquire further about living kidney donation please contact Dallas Nephrology Associates at 214-358-2300 and ask for the Pretransplant Division.



**A Few Slides From Dr. Melton's Visit on Jan. 23rd**



### ORGAN DONATION

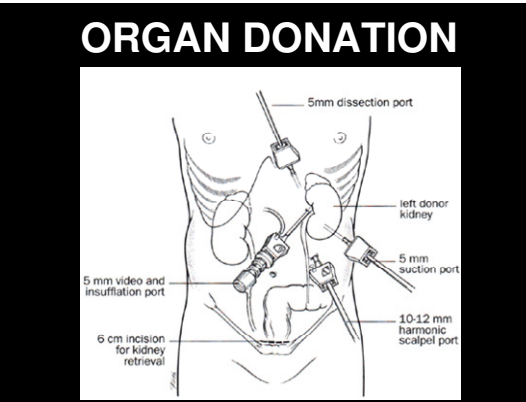
Waiting time based on blood type

Blood Type	Waiting time in days
O (45%)	1851
A (40%)	1208
B (10%)	1935
AB (5%)	855

OPTN Annual Report 2011

- ### ORGAN DONATION
- Advantages to living donation
    - Avoid long times on the wait lists
      - Increased mortality on dialysis
      - More ESRD complications while on dialysis
    - Better long term results
      - "Worst matched living donor does better than the "best" matched deceased donor
    - Can be timed to meet everyone's schedule

- ### ORGAN DONATION
- Evaluation
    - All ages
    - Medical information is confidential
    - Willing to donate
    - Medically and psychologically suitable
    - No coercion
    - Fully understand risks and benefits



Read the story - Stacy's donation and recipient Jessica's story in Uptown's newsletter July 2012. Click on the NEWS link on Uptown's website — [www.midlandbpw.org](http://www.midlandbpw.org)

**Ladies - If you didn't make it to this meeting in January, you missed a great program. Dr. Melton was easy to listen to, kept your attention the entire time he was speaking, was very informative and an entertaining speaker.**

*From the Membership Committee.....*

**CALLING ALL MEMBERS!!!!**

*The following memberships expire at the end of February. You will be receiving an invoice shortly:*

- Tiffany Blakely*
- Tracie J Cherry*
- Jo Fite*
- Stacy Nelson*
- Yvonne Reyes*

*Thanks  
**Glenda Knox,**  
 Membership Committee Chair  
 2012-2013*

**S. 47 and H.R. 11 The 2013 Violence Against Women Reauthorization Act**

*The Violence Against Women Reauthorization Act of 2013 (VAWA Reauthorization) significantly strengthens the ability of the federal government, the states, law enforcement, and service providers to combat domestic violence, dating violence, sexual assault, and stalking. As with the previous reauthorizations of VAWA in 2000 and 2005, this bill responds to the realities and needs reported by those who work with victims every day to make VAWA work better for all victims.*

**VAWA Reauthorization strengthens and streamlines crucial existing programs.**

*Renews Successful Programs – This bill, S. 47 / H.R. 11, reauthorizes important programs – including STOP Grants, Grants to Encourage Arrest Policies and Enforcement of Protection Orders Program, Transitional Housing Assistance Grants, legal assistance for victims, youth prevention programs, and many others – that have helped law enforcement, prosecutors, and victim service providers keep victims safe and hold perpetrators accountable.*

***Elvis (!?! ) at Rock N Roll Event .....MRCCAC fundraiser***

Here is Jillian Lellis and myself at Midland Rape Crisis and Children's Advocacy (MRCCAC) fundraiser held on Jan. 25, 2013. It was a Rock N Roll event at Midland Center.

.....Stacy Nelson



## Go Red for Women.....Glenda Knox

### Early Warning Signs of Heart Attacks in Women

Heart Disease is the #1 killer of women. Over 405,000 people die every year from coronary heart disease. Some heart attacks are sudden and intense, but most start slowly, with mild pain or discomfort. Women's heart attack symptoms can be subtler than men's. Women don't always experience the extreme pressure in the chest that men often feel. Here are the warning signs of heart attacks in women.

- Uncomfortable pressure, squeezing, fullness, or pain in the center of your chest, which lasts more than a few minutes or goes away and comes back
- Pain or discomfort in one or both arms, the back, neck, jaw, or stomach
- Shortness of breath, with or without chest discomfort
- Nausea or vomiting, light-headedness or fainting, breaking out in a cold sweat

As with men, women's most common heart attack symptom is chest pain or discomfort. However, women are more likely than men to experience some of the other symptoms—especially shortness of breath, nausea/vomiting and back or jaw pain. If you or a loved one has any of these symptoms, call 9-1-1 and get to a hospital right away. Women often interpret these symptoms as acid reflux (indigestion), flu, even part of normal aging. Don't make this mistake, and don't wait more than five minutes before calling for help every minute counts!

If you find that ordinary physical activity is difficult for you, you may have heart disease, which can lead to a heart attack. See your doctor if you feel undue fatigue, palpitations, (the sensation that your heart is skipping a beat or beating too rapidly), difficult or labored breathing, and /or chest pain or discomfort. To determine your risk of heart attack, take the online quiz at [www.heart.org/riskassessment](http://www.heart.org/riskassessment).

### Fitness/Tips for a

**Healthy Heart** There are dozens of activities that help your heart. Take a walk. Go for a swim. Ride a bike—outside, or a stationary one in front of your TV. Dance! All aerobic activities are good for you because they stimulate and strengthen your heart and lungs, thereby improving your body's use of oxygen.

Walking is a great way for many people to be more physically active. It's free, you can do it anywhere—even in your house or a mall; and if you have a walking buddy, it's a social break from your day's other activities. Also, you'll be more likely to stick with it if you have company.

Wear comfortable clothes and shoes or sneakers, and start slowly, building up gradually to at least 30 minutes a day, every day if possible. Make your fitness program a habit by doing it at the same time every day. Maybe you have time first thing in the morning. Maybe you have time in the middle of the day, during the lunch hour. Or maybe you can find time in the late afternoon or early evening hours. Make it fun by listening to music you love or watching TV. Vary what you do so you won't get bored and give up do different activities or walk different routes. Check out the free tools for getting fit from the American Heart Association at [startwalkingnow.org](http://startwalkingnow.org).

Other tips to getting fit and heart-healthy;

- Try to keep your weight in the normal range.
- Quit smoking; only one year after you quit, you cut your risk of coronary heart disease by 50%.

**MAKE IT YOUR MISSION**  
TO FIGHT HEART DISEASE IN WOMEN



### Heart-Healthy Nutrition Tips

Eating healthier doesn't mean giving up everything you love; just eat smarter. Instead of soda, try a half cup of fruit juice with sparkling water.

Many of us over-indulge in a big portion of meat and a little portion of vegetables. Instead, fill half your plate with fruits and veggies, one-quarter with high-fiber whole grains (like brown rice or whole wheat pasta), and one-quarter with protein, such as beans, poultry, fish or lean meat. For poultry, eat leaner light meat (breasts) instead of fattier dark meat (legs and thighs), and remove the skin.

Watch your salt intake, over 75% of the salt we consume comes from packaged foods. To eat healthier, read the product's Nutrition Facts Panel to learn how much sodium (salt) it has. The American Heart Association recommends consuming under 1,500 mg per day. Drink only two 12-ounce sugary soft drinks a week.

Eat at least 4 fruits and 2-3 vegetables every day, in a variety of colors and types. For example: 1 piece of fruit, 1/4 cup of dried fruit, 1/2 cup of fresh or canned or frozen fruit, and 1/2 cup of

fruit juice. Select fat-free or low-fat dairy products for example fat-free milk instead of whole milk.

When you're craving something sweet, eat raisins, a baked apple, or fresh or frozen fruit. If you're craving something crunchy eat apples, carrots, celery, radishes, raw broccoli or cauliflower. Eating healthy saves money too-each of these costs less than \$1: an apple, a banana, an orange, a pear, 8—10 baby carrots, a hard boiled egg, a 6-oz yogurt, and a half cup of cooked oatmeal.

For more healthy diet tips and recipes, see [www.heart.org/nutrition](http://www.heart.org/nutrition)

PO Box 3895

Midland TX 79702

Phone: 432-684-4692

Fax: 432-684-4694

E-mail: [shirley@tbobamthor.com](mailto:shirley@tbobamthor.com)

[www.midlandbpw.org](http://www.midlandbpw.org).

## February is.....

- Heart Health Awareness Month
- Black History Month
- An Affair to Remember Month
- Great American Pie Month
- National Cherry Month
- National Grapefruit Month
- National Weddings Month



## On This Date in February.....Shirley Harris

- Feb 3 The Day the Music Died—Buddy Holly, Richie Valens and the Big Bopper died in a plane crash in 1959
- Feb 8 Kite Flying Day - in the middle of winter!?!)
- Feb 13 Get a Different Name Day
- Feb 14 National Organ Donor Day
- Feb 16 Do a Grouch a Favor Day
- Feb 26 Tell a Fairy Tale Day
- Feb 27 No Brainer Day - this day is for me!
- Feb 28 Public Sleeping Day



**Happy Happy  
Birthday !!**

- 2/14 Diane K. Browne
- 2/20 Mary Ann Brock
- 2/23 Evie Gandy
- 2/23 Jillian Lellis
- 2/24 Stacy Nelson