

January 2024

UI HEALTH CARE ORGAN TRANSPLANT CENTER

Happy New Year to one and all! The start of a new year often feels like a clean slate. January takes its name from Janus – the Roman god of beginnings, transitions, and passages. It only makes sense that we use January to set new goals, renew our focus, and explore the possibilities that a new year brings. Goals should be attainable but not too easy. Change can feel scary or uncomfortable, and a desired change does not happen overnight. It is important to know that progress is not always in a straight line and how you react to those curves is very important to your ultimate achievements. Happy 2024 – here's to a happy new year!

Mind-Body Wellness Day

January 3 is the international Mind-Body Wellness Day. Your overall health comes from both physical health and mental health, as they are interconnected. When this relationship is out of balance, our body is impacted by stress which leads to changes in our overall health. Chronic stress can be seen as physical pain, decreased energy, trouble concentrating, anxiety, and difficulty sleeping. Self-care, mindfulness, and making healthy choices are a few ways to combat stress and see balance in our lives. Mind-body wellness focuses on whole-body healing with various techniques because a healthy mind equals a healthy body.

What is mindfulness?

Mindfulness is the practice of focusing on the moment without interpretation or judgment. This is achieved through skills such as breathing exercises, guided imagery, and meditation. Mindfulness can be used in therapeutic environments with a trained professional. Mindfulness skills require practice and have been shown to be effective against stress, anxiety, pain, and depression. Mindfulness enables us to slow down and engage with the world around us – to respond thoughtfully and not in a reactive manner. Simpler skills can be done anywhere, whereas more structured skills (such as meditation) may require you to set aside specific time to do.

Health and Wellness Tips

1. Stop and breathe – deep breathing can increase feelings of relaxation/comfort and decrease anxiety
2. Practice your mindfulness skills
3. Take a break from social media
4. Go for a walk – exercise is good for your health (physically and mentally)
5. Declutter – reducing clutter lowers stress
6. Get good, quality rest – experts recommend at least seven hours of uninterrupted sleep each night
7. Do something you enjoy – these activities can be large or small and on your own or with others
8. Avoid self-isolation
9. Focus on what you can change
10. Eat healthy foods and stay hydrated

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Changing Lives.®

ADDITIONAL INFORMATION

This section of our monthly newsletter will focus on support and resources offered both by the Organ Transplant Center and throughout the nation. Please utilize these as you need them and reach out with any questions!

Kidney Line: 319-356-1136

Liver Line: 319-356-1137

Medicare and Transplant

Medicare eligibility is based on age, disability, or ESRD. Kidney transplant is an exception to Medicare enrollment. All other organ transplants will need to have Medicare at time of transplant. There is a 1-year enrollment window for Medicare from date of transplant. Delaying enrollment can increase chances of higher out-of-pocket expenses for anti-rejection medication. Medicare Advantage plans cover anti-rejection medications, and out-of-pocket expenses are subject to plan.

* For further questions or coverage changes, please contact the Organ Transplant Center financial counselors.

Video Resources

The Organ Transplant Center has put together videos to better explain the transplant evaluation process and provide additional patient education. Please click the links below to access these videos.

- [Kidney Transplant - Patient Education Videos](#)
- [Liver Transplant - Patient Education Videos](#)
- [Pancreas Transplant - Patient Education Videos](#)

Organ Transplant Support Group

Starting in February 2024, the UI Organ Transplant Center will begin having our support group every other month. The support group will also be a hybrid version – both in-person and by Zoom. Each group will be focused on a specific topic, with speakers followed by time for discussion. If you have any questions, please contact 319-467-8385.

Location:

Iowa Donor Network
550 Madison Avenue
North Liberty, IA 52317

Date:

Thursday, February 8
Speaker – UIHC Dietitian

Zoom Information:

Meeting ID: 974 1496 3127
Passcode: 118836

Additional Resources

Social Security Disability

- [Adult Disability Starter Kit](#)
- [SSI Child Disability Starter Kit](#)

National Living Donor Assistance Center (NLDAC):
[How to Apply](#)

Iowa Anatomical Gift Fund: [Application](#)