

News from Your Patient Library

Summer 2022



The Gift of Transplant

By Tamara Harris

My name is Tamara Harris and I received a kidney-pancreas transplant in October 2018 at the Ajmera Transplant Centre (Toronto General Hospital). I would highly recommend this center to every transplant patient because of the highest quality of care that I received and the highest level of respect and dignity that I was given.

It was diagnosed with type 1 diabetes at the age of 16. My medications and required diet were not always available to me so that made my diabetes difficult to control and led to many other complications: high blood pressure, high blood sugar, seizures, and a heart attack. I ended up in a coma for two months followed by two months of recovery. I had to learn how to walk, talk and eat all over again.

After being on dialysis for five years I found out that my kidneys and pancreas were failing too. I was diagnosed with end-stage renal failure and I would need a kidney and pancreas transplant as soon as possible to save my life. As a patient of TGH, I immediately started to do a transplant workup. My doctor explained the whole transplant procedure to me and the wait time. He helped me understand my health condition to make an informed health decision.

After a year of waiting I received a call from the transplant coordinator at the Ajmera Transplant Centre to tell me that they had a kidney and pancreas for me that could be a match. I was so surprised, happy, and excited at the same time.



When I woke up after the surgery, I started to cry. I could not believe it was over. I saw my husband and family beside my bed, and they cried too. The nurse told me that the surgery went well and that I would need to spend some time at the hospital to recover. I started to feel better immediately and my energy level came racing back. After a few weeks, I left the hospital. I was happy and so was my family.

I am doing great now and I am extremely grateful to all the doctors and nurses, program coordinators, and staff at the Ajmera Transplant Centre. Their expertise and wisdom are second to none. Everyone was diligent and caring, especially the nurses who helped me walk after my surgery. A special thank you to my donor and the donor's family who have given me this second chance in life.

My advice to others going through the same process is:

- stay positive
- do not be afraid to ask questions about your care and the procedure
- be strong and
- keep the faith and hope with you at all times.

JUNE is...

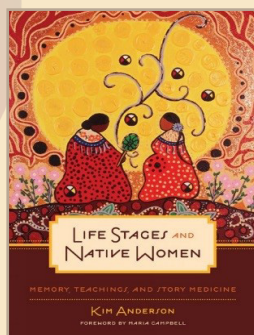


June 21st

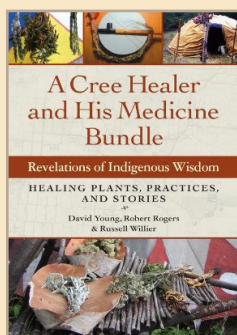
National Indigenous
Peoples Day

National Indigenous History Month

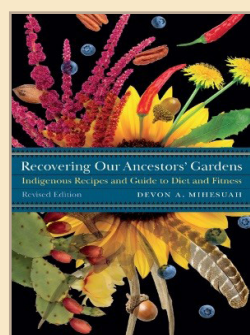
UHN Patient & Family Learning Centres (PFLC) have a collection of books and e-books on Indigenous health and wellness.



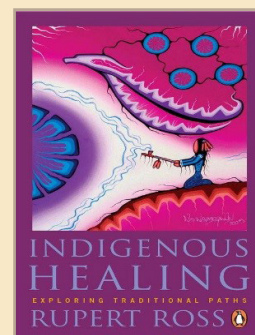
[Life Stages and Native Women by Kim Anderson and Maria Campbell](#)



[A Cree Healer and his Medicine Bundle by David Young](#)



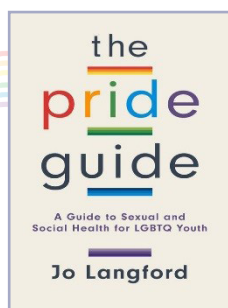
[Recovering our Ancestors' Gardens by Devon A. Mihesuah](#)



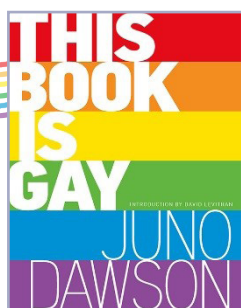
[Indigenous Healing by Rupert Ross](#)

...Pride Month

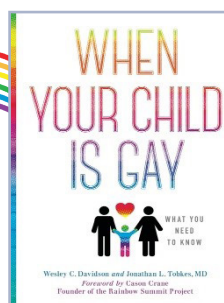
PFLC provide a safe and inclusive environment for 2SLGBTQIA+ patients, families, caregivers and staff at UHN. Check out our e-books on health and wellness of 2SLGBTQIA+ communities at <https://uhnpatient.overdrive.com/collection/1137723>



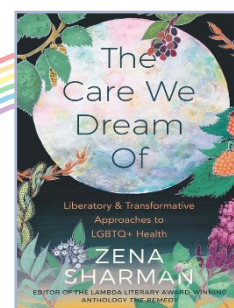
[The Pride Guide by Jo Langford](#)



[This Book is Gay by Juno Dawson and David Levithan](#)



[When Your Child is Gay by Wesley C. Davidson and Johnathan L. Tobkes](#)

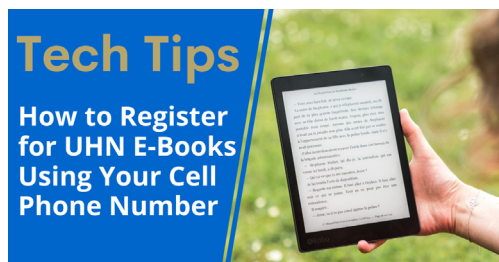


[The Care We Dream Of by Zena Sharman](#)

NEW! Neurology clinic at UHN for patients who identify as 2SLGBTQIA+
https://www.uhn.ca/corporate/News/Pages/New_neurology_clinic_for_patients_who_identify_as_2SLGBTQIA.aspx

A new neurology clinic is opening at Toronto Western Hospital, part of Krembil Brain Institute at UHN, geared to patients who identify as 2SLGBTQIA+ and live with neurological conditions.

NEW! Tech Tips by Patient & Family Learning Centres



We create short videos to help you learn how to use your computers, cell phones, and tablets to improve your digital skills.

We are happy to share first **5 videos** on our YouTube channel at bit.ly/39a195p.

[How to Connect to UHN Wi-Fi](#)

[How to Download an APP on Your Android Phone](#)

[How to Download and App on Your iPhone or iPad](#)

[How to Scan QR Code with the Camera on Your Cell Phone or Tablet](#)

[How to Register for UHN E-Books Using Your Cell Phone Number](#)

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UHN Patient & Family Learning Centres

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Smart Phones /
Tablets

Computers /
Laptops



1. Download and open the free app:
Libby, by OverDrive



2. Find our library:
University Health Network

3. Enter your cell phone number* to receive the verification code

4. Sign up using the current campaign code listed below

1. Go to: uhnpatient.overdrive.com

2. Enter your cell phone number* to receive the verification code by text message

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4. Read/listen to e-books on the browser

April 1 - June 30 -- [uhnsummer22](#)

July 1 - Sept. 30 -- [uhnfall22](#)

Oct. 1 - Dec. 31 -- [uhnwinter22](#)

*If you live outside of Ontario, contact us to get access: email: twpfl@uhn.ca phone: 416-603-6277

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Grilling safety tips for your summer BBQ

By Jeremy Capone,
Wellness Chef



Cancer Rehabilitation and Survivorship Program

ELLICSR: Health, Wellness & Cancer Survivorship Centre

Use a marinade

Marinating infuses your food with flavour. Lemon, lime or other fruit juices contain antioxidants that may prevent cancer-causing chemicals from forming on meat.

Control your heat

Avoid cooking over direct flame. Instead, have a hot and cool side on your grill. Start cooking on the hot side, and then move the meat over to the cool side. Close the lid to finish cooking.

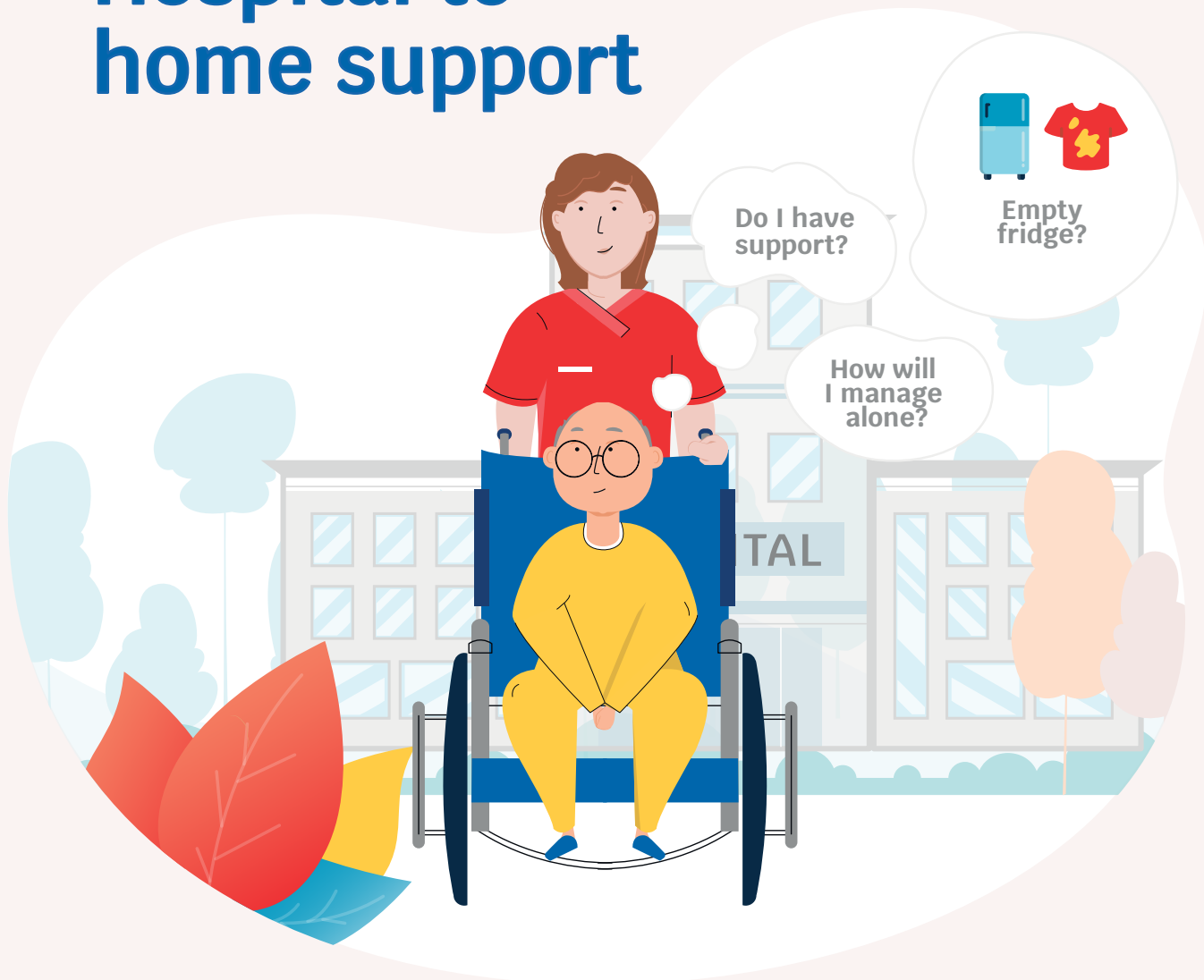
Eat a plant based BBQ

When you grill fruit, vegetables or plant based proteins such as tofu, cancer causing chemicals don't form.

Use a food thermometer

Make sure meat, fish and poultry are cooked to a safe internal temperature to prevent food poisoning. For accurate results, use a food thermometer for the most accurate results. Insert the thermometer into the thickest part of the meat.

Hospital to home support



Recovering from a hospital visit can be overwhelming for a patient and their family members. Our caregivers and registered nurses are here to help patients feel safe and supported on their journey from hospital to home.

HOSPITAL

- Admittance support
- Bedside companion
- Respite care
- Transportation home

HOME

- Visiting nurses
- Home & personal support
- Overnight assistance
- Live-in caregiver

COMMUNITY

- Grocery shopping
- Driver for errands
- Escort for medical appointments



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