



Saint Luke's
**LIVER
DISEASE**
Management
Center



Saint Luke's Hospital:
one source for comprehensive
liver disease treatment
and prevention

Physician Referral Guide

WORLD-CLASS liver disease management for the Kansas City region

Among disease states, liver morbidities can be among the most difficult and complex to treat. The liver's vital role in serving virtually every body system means that complications and secondary effects are not uncommon with many of the more than 100 known liver illnesses.

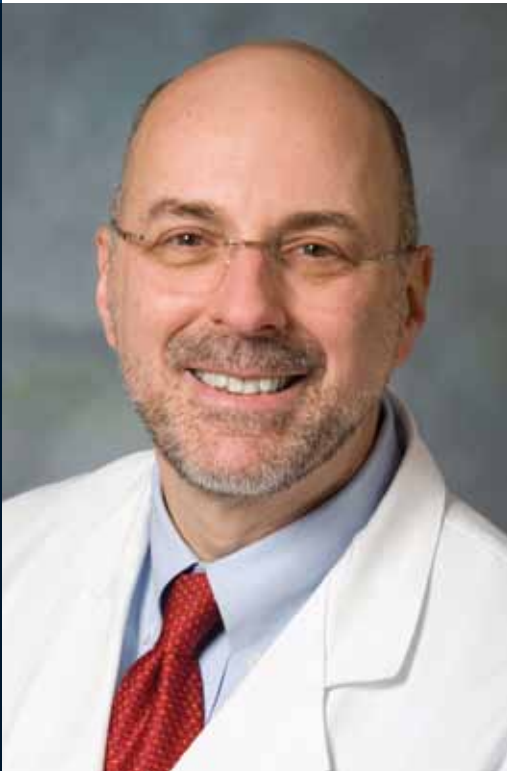
That's why successful treatment demands a truly integrated, multidisciplinary approach.

To meet the challenge, Saint Luke's has assembled a world-class team of specialists and clinicians in support of our comprehensive liver disease management and transplant services program.

With the creation of the Saint Luke's Liver Disease Management Center, patients have convenient access to comprehensive liver disease treatment and transplant options. We

provide a full range of services—including malignant and benign tumors of the liver, bile ducts, and gallbladder.

Serving the program as medical director is renowned liver disease specialist, Fredric Regenstein, M.D. Accompanying Dr. Regenstein is a clinical team comprised of expert board-certified surgeons and specialists.



Fredric Regenstein, M.D., Professor of Medicine at the University of Missouri-Kansas City School of Medicine, is a nationally and internationally known liver disease specialist with more than three decades of experience in hepatology and 25 years of experience in liver transplantation. Prior to joining Saint Luke's in January 2011, he was Clinical Professor of Medicine and Surgery at Tulane University School of Medicine, Director of the Liver Disease Management Center and Medical Director of Liver Transplantation at Tulane University Hospital and Clinic. Dr. Regenstein received his medical degree from Washington University School of Medicine. He completed his internship and residency in Medicine at Barnes Hospital, St. Louis, Mo. and his fellowship in

Gastroenterology at Washington University School of Medicine. He is board-certified in internal medicine, gastroenterology, and transplant hepatology. Dr. Regenstein is a Fellow of the American College of Gastroenterology and a member of the American Gastroenterologic Association, American Association for the Study of Liver Disease, European Association for the Study of Liver Disease, American Society of Transplantation, International Liver Transplant Society, and the Southern Society for Clinical Investigation. He has numerous publications, and his current clinical research interests include therapies for viral hepatitis, complications of cirrhosis, long-term management of liver transplant recipients, and strategies for treating hepatocellular carcinoma.

To refer a patient,
or for more
information about our
liver disease management
services, call:

816-932-4655

To refer a patient online visit
saintlukeshalthsystem.org/liver-referral

ELITE PHYSICIANS FROM THE SAINT LUKE'S HEPATOLOGY TEAM



Laura Alba, M.D., brings a wealth of experience and insight to the Saint Luke's hepatology program. Dr. Alba earned her medical degree from the Autonomous University of San Luis Potosi, Mexico, where she graduated in the top 10 percent of her class. After completing her internal medicine residency at Truman Medical Center and Saint Luke's Hospital from 1995-1998, she remained at both facilities for her gastroenterology fellowship from 1998-2001. She then moved on to the Mayo Clinic from 2001-2002, where she completed her hepatology fellowship.

Since then, she has spent the past nine years as a member of the gastroenterology staff at Saint Luke's Hospital as well as Truman Medical Center. Dr. Alba is board-certified in gastroenterology and internal medicine.

Dr. Alba utilizes her experience to teach others as an assistant professor of medicine at the University of Missouri-Kansas City

(UMKC). Additionally, she serves as the assistant program director for the gastroenterology fellowship through the UMKC School of Medicine. She was also an instructor at the Mayo Medical School from 2001-2002. As part of her clinical work, Dr. Alba has published several articles in medical journals and continues to pursue studies for the advancement of hepatology medicine.



John Helzberg, M.D., joined Saint Luke's in 1987 and has led the Gastroenterology Department as section chief for nearly 20 years.

During his years of hands-on clinical experience at Saint Luke's, Dr. Helzberg has continually expanded his vast range of knowledge and expertise in treating all types of liver disease. His insight gained from treating a wide range of patient cases is invaluable to the hospital's hepatology program and will continue to ensure the best

possible patient outcomes.

His extensive training began with his undergraduate work at Stanford University in 1976, followed by obtaining his medical degree from the University of Rochester in 1980. He completed his Internal Medicine residency at the University of Kansas Medical Center and a fellowship in Digestive Diseases from Yale University School of Medicine.

Dr. Helzberg is board-certified in gastroenterology and internal medicine. He has also authored numerous abstracts and publications and amassed an extensive list of awards throughout his career. The list of honors includes being named among the Top Physicians in America from 2002-2011, Best Gastroenterologist in Kansas City in 2007, 2008, and 2009 by Kansas City Magazine, and the American Liver Foundation Clinical Award in 1990.

Other members of the hepatology team:

Claudia Anderson
nurse practitioner, ACNP-BC

Holli Paulk
physician assistant, MBA, PA-C

Jacqueline Duran
financial coordinator

Jamie Yeshnonski
liver transplant coordinator, RN, BSN

THE FULL SPECTRUM OF EVIDENCE-BASED CARE

As a primary care physician, you need to be confident that patients with liver disease will have access to the latest treatments and the best-trained clinicians.

Clinicians at Saint Luke's Liver Disease Management Center are among the most experienced in the field, providing the full spectrum of evidence-based care. Our multidisciplinary, collaborative approach ensures patients receive the most comprehensive treatment plans possible, based on all relevant specialties.

Treatments include cadaveric liver and split-liver and kidney transplants, as well as multiple medicinal, radiologic, and surgical therapies. As our clinicians continue to pursue the latest research and initiate clinical trials, you can be assured that your patients will be among the first to benefit from the most current and advanced treatments available.

YOU ARE PART OF OUR TEAM

At the heart of our approach is a patient-centric, interdisciplinary care model that emphasizes close collaboration between transplant surgeons, hepatologists, infectious disease specialists, cardiologists, oncologists, endocrinologists, dieticians, pharmacists, and other

treatment team members.

And unlike some transplant centers, we are committed to developing and sustaining a strong relationship with the referring physician. We believe it is essential to a good outcome. That means you'll be kept informed about your patient's condition and prognosis—from initial evaluation to surgery and follow-up. Additionally, lines of communication will always be open to address any questions or concerns.

“ One in 10 Americans are affected by liver disease. ”

COMMON CONDITIONS TREATED AT SAINT LUKE'S INCLUDE:

- Acute liver failure
- Pancreatic cancer
- Duodenal and ampullary cancer
- Bile duct cancer
- Benign and malignant lesions
- Hepatitis B and C
- Cirrhosis
- Alcohol-related conditions
- GI bleeds
- Renal insufficiency
- Hepatocellular carcinoma

DEFEATING A COMPLEX KILLER

The creation of the Saint Luke's Liver Disease Management Center coincides with an alarming

“ In Kansas and Missouri, nearly one million people are affected. ”

never settle.

At Saint Luke's Health System, we never settle on our commitment to providing the best patient care. It is our mantra—the core of our clinical practice day in and day out. We know you share the same commitment. So when you refer your patients to us for liver disease care, you are partnering with a team of specialists who will remain dedicated to working with you through each step of treatment—from initial consultation to long-term support.

rise in the incidence of liver disease in the U.S.

Currently, approximately one in 10 Americans suffer from acute or chronic liver disease. In Kansas and Missouri alone, the number of individuals affected is nearly 1 million.

It is a condition that does not discriminate: Men, women, and children of all ages, ethnic, and socio-economic backgrounds are at risk. Untreated, liver disease frequently can be fatal, and liver cancer is one of the only cancers with rising mortality in the U.S. According to the American Liver Foundation, an estimated 42,000 people will die this year from liver illnesses. Together, we are working with one goal in mind—defeat this complex killer.



BUILDING A STORY OF SUCCESS

Henry Randall, M.D., leads the clinical team for the newly created Department of Abdominal Transplantation & Hepatobiliary Surgery at Saint Luke's Health System. Acting as a clinical architect, Dr. Randall will utilize his years of experience to guide the program's construction.

In choosing Dr. Randall to lead the initiative, Saint Luke's has tapped an individual with an unusually strong background in both clinical and research experience in the area of transplants. After completing his undergraduate studies and medical training at Michigan State and Wayne State Universities, respectively, Dr. Randall spent a decade at the University of California-San Francisco.

While at UCSF—an institution sometimes referred to as the “Harvard of the West”—Dr. Randall worked under the leadership of a renowned husband-and-wife transplant team, physicians John Roberts and Nancy Asher. He subsequently spent two years on the surgical staff at the University of Louisville Medical Center and eight years at Baylor Regional Transplant Institute in Dallas. In Texas, Dr. Randall not only performed surgeries himself but also helped to train transplant surgeons from across the country and around the world.

Along with his clinical experience, Dr. Randall has distinguished himself in the research arena. He was awarded a three-year National Institutes of Health Fellowship to conduct research into the role the immune system plays in organ rejection. Results of the work may contribute to improved outcomes and reduced complications for transplant patients everywhere.



COMPREHENSIVE, multidisciplinary care

The broad capabilities of the Saint Luke's Liver Disease Management Center provide expanded access and services for liver disease patients in the region. With the expert staff and interdisciplinary care model we have assembled, you can be confident that your patients will receive advanced treatment. Your patients will also feel confident knowing that you, their trusted family physician, will be consulted and included each step of the way. To learn more about the Saint Luke's Liver Disease Management Center, contact us today at 816-932-4655 or visit us online at saintlukeshealthsystem.org/liver-disease.

Bilingual staff and physicians are available.

**Transplant referrals now being accepted
Contact us to refer patients for transplant evaluation or other liver disease management services**



saintlukeshealthsystem.org

Saint Luke's is now accepting referrals for liver transplantation patient evaluations. To refer a patient for transplant, or any of our other liver disease management services, call **816-932-4655**.

Department of Abdominal Transplantation & Hepatobiliary and Pancreatic Surgery
Saint Luke's Hospital of Kansas City
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saintlukeshealthsystem.org/liver-disease