



HOPE CHEST NEWS

The clock is running. Make the most of today. Time waits for no man. Yesterday is history. Tomorrow is a mystery. Today is a gift. That's why it is called the present.

FALL 2011

Marie Anderson Golf Outing A Great Success

The 5th annual Marie Anderson golf scramble was a fantastic day. The weather was warm but the golfers were hot. 132 players took part in the scramble held at Gross National in Minneapolis.

Team Dom Deluise took 1st place with a super performance at 11 under par. The members of the team were Steve Anderson, Tyler Hirth, Bob Paulson and Mark Sundquist.

The 2nd place team, at 10 under par was the Abes. Team members were Bryan

Abrahamson, Orice Abrahamson, Brett Abrahamson and Chris Acklrey.

The 3rd place team, at 9 under par, was the Northland Fastners. Team members were Brent Godbout, Eric Keller, Ken Godbout and Jason Rach.



Brent Godbout sank a ball to win the putting contest. That was not an easy feat considering the hole was roughly 100 feet away.



Continued on Page 4

Inside This Issue	
President's Message	2
Upcoming Events	2
Minnesota Medical Foundation	3
Saving Money On Drugs	5
Transplant Anniversaries	6
Donations	6
Remembering	7
Recent Transplants	7
Transplant Center Profile	7
Transplant Morsels	8
Hope Chest Board of Directors	11
Who Should I Contact For	11

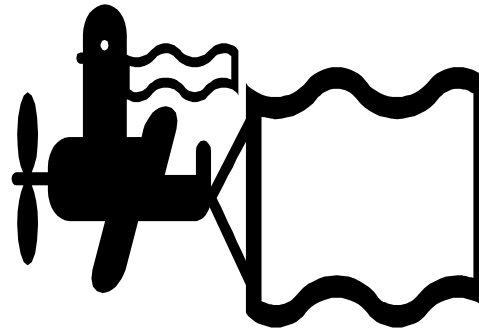
Our mission is to support and educate University of Minnesota Medical Center, Fairview patients and their families as they progress through the process of lung or heart / lung transplantation, and to promote public awareness of the needs of these patients.

President's Message

Hope Chest News is an organization made up of volunteers. The golf tournament was a great example of people coming together to help people that they may never know. The final numbers are not in yet, but it appears that HCN will raise somewhere around \$16,000 on the tournament. The bake sales are another example of this in action. Those that participate give of their time and resources to help out with Hope Chest News.

Over the past couple of years, the requests for financial help have declined. If you need help with drug payments, health insurance etc., contact the transplant social worker, You can reach her by email at MSCHMID1@Fairview.org. Marget can also be reached by phone at 612-273-3366. The requests are kept in confidence and can help you get through a rough period.

You may want to contact your representa-



tive in Congress with regard to the Clean Air Act. The leaders in the House of Repre-

sentatives have announced plans to roll back much of the protection of the Clean Air Act. There are plans to repeal standards already in place and to prevent the Environmental Protection Agency from enforcing the law. In October, there are plans to modify standards that the EPA is working on for cement kilns and industrial, commercial and institutional boilers. There are plans to target ozone and particle pollution health standards over the winter. We know that clean air is required to maintain the health of transplant recipients. Contact your representative.

Upcoming Events

U of M support group meeting on Mondays at 11 A. M. in the Lillehei Conference Room at U of M Fairview Hospital. There is no meeting on the 1st Monday of each month.

Monthly Evening Support Group is held at 7 P. M. on the 1st Monday of each month in the Lillehei Conference Room. Caregivers Support Group is held on the 1st Monday of each month at 6 P. M. in the Lillehei Conference Room at U of M Fairview.

Sioux Falls Support Group is on the 3rd Thursday of each month at 7 P. M. The meetings are held in the Cancer Institute at McKennan Hospital in Sioux Falls. For more

information contact June Schneider at 605-339-3067. For those in southwest Minnesota, northwest Iowa or southeast South Dakota, this is a great place to learn more about transplant issues.

Monthly Meeting of the Hope Chest News Board of Directors on October 17, November 21 and December 19 at 12:30 P. M. in the conference room of the Bridges cafeteria at U of M Fairview. If you have a desire to help transplant recipients and want to meet some pretty cool people, come to the meeting. We are always looking for new blood on the board of directors.

The following article appeared recently from the Minnesota Medical Foundation. “University of Minnesota Medical School researchers have developed a new strategy to improve the development of induced pluripotent stem cells (iPS).

Currently, iPS cells are created by introducing four defined genes to an adult cell. The genes reprogram the adult cell into a stem cell, which can differentiate into many different types of the cells in the body. Typically, the four genes introduced are Oct4, Sox2, Klf4 and c-Myc, a combination known as OSKM.

The U of M researchers found that by fusing two proteins – a master stem cell regulator (Oct4) and a fragment of a muscle cell inducer (MyoD) – they succeeded in “powering up” the stem cell regulator, which can dramatically improve the efficiency and purity of reprogrammed iPS cells.

“Our team discovered that by fusing a fragment of the powerful protein MyoD to Oct4 we could create a ‘super gene’ which would improve the iPS reprogramming process,” said senior author Dr. Nobuaki Kikyo, Stem Cell Institute researcher and University of Minnesota Medical School associate professor. “The result is what we termed M30, or ‘super Oct4’ – a gene that improves the creation of iPS cells in a number of ways. In the process we shed new light on the mechanism of making iPS cells.”

The challenge with the previous method – OSKM – has been that very few cells actually become iPS cells during reprogramming. In fact, the rates currently stand at about 0.1 percent. Another issue has been tumor development. Because some of the reprogramming genes introduced are oncogenes, the

risk of developing tumors grows.

The research, led by Kikyo and Dr. Hiroyuki Hirai, both from University of Minnesota Medical School and Stem Cell Institute, led to a new gene model that minimizes such complications while amplifying the benefits of the process.

According to Kikyo, the new gene model – called M30-SKM – improves iPS development by:

- Increasing efficiency. The efficiency of making mouse and human iPS cells was increased over 50-fold compared with the standard OSKM combination.
- Increasing purity. The purity of the iPS cells was much higher with the M30-SKM gene introduction (98% of the colonies) compared with OSKM (5%).
- Facilitating the reprogramming. iPS cell colonies appeared in around five days with M30-SKM, in contrast to around two weeks with OSKM.
- Decreasing the potential for tumor formation. M30 achieved high efficiency of making iPS cells without c-Myc, an oncogene that can potentially lead to tumor formation.

In addition, human iPS cells usually require co-culture with feeder cells typically prepared from mouse cells, obviously creating a problem when the cells are destined for human transplantation. The M30 model did not require such feeder cells, greatly simplifying the process.

The new process is outlined in the latest issue of the journal *Stem Cells*.

Future Impact

According to senior author Kikyo, this new-
Continued on Page 4

Golf Outing cont.

Mary Rada won the ladies Closest to the Pin contest. Josh Klimstra was the winner in the men's bracket for Closest to the Pin.

The hole in one contest did not have a winner. It was rumored that Dr. Dunitz came within inches of dropping it in. However, Dr. Hertz was telling folks that he was sure that Dr. D had kicked the ball when he got on the



green. Who knows?

There were a lot of people that stepped forward to help with the golf outing. Barb Peterson stepped up to serve as the fearless chair of the event.



She did a fantastic job. Other members on the golf committee included Wayne Anderson, Heidi Tuttle, Heather Abrahamson, Ed Aubitz, Gary Broberg, Mark Sprout, Hal Wenaas, Ralph Loftus, Judy Verrmeulen, Kathleen Hallinan and Tom Fuller. Kathleen Hallinan and Vern Jackson secured the items for the silent auction. They also came up with the idea of a wine drawing and secured 40 bottles of donated wine. There numerous people that worked with registration and out on the course. A big thank you to everyone that was willing to give of their precious time. Again this year. Elsie's restaurant worked with HCN to provide banquet space and food after the outing.

Minnesota Medical Foundation Continued

strategy will dramatically speed up the process of making patient-specific iPS cells, which makes clinical applications via transplantation of the cells more feasible to treat many diseases incurable otherwise.

Many researchers are also examining how to reprogram one cell type into another without going through iPS cells; for instance, coaxing skin cells into becoming neurons or pancreas cells by introducing several genes.

The approach, called direct reprogramming, is

thought to be the next generation approach beyond iPS cell technology.

The U of M approach – fusing a powerful protein fragment to other host proteins – can be widely applied to the direct reprogramming approach as well.

This research was funded by the Richard M. Schulze Family Foundation, NIH, Leukemia Research Fund and Academic Health Center of the University of Minnesota.”

Alpha-1 Association Offers Tips For Low Income Patients To Get Savings On Prescription Drugs Through Medicare

Some Medicare beneficiaries could qualify for assistance with their prescription drug costs, and be eligible this year to pay no more than \$2.50 for generic drugs and \$6.30 for each brand name drug. The steps and requirements beneficiaries can take to check if they qualify for the Medicare Low-Income Subsidy Program (also known as LIS or "Extra Help") are simple and may be done by phone or online.

The Centers for Medicare & Medicaid Services estimates that more than 2 million people with Medicare may be eligible for the subsidy, but are not currently enrolled to take advantage of these savings.

The eligibility requirements are more flexible than they were a couple of years ago, 'Extra Help' can be lifesaving for someone who needs prescription drugs and needs help with the , family members, trusted counselors or caregivers can apply online in English and Spanish at www.socialsecurity.gov/prescriptionhelp. Beneficiaries may also call the Social Security Administration at 1-800-772-1213 Changes resulting from the Medicare Improvements for Patients and Providers Act (MIPPA) of 2008 made it easier for Medicare beneficiaries to qualify for "Extra Help" by changing the way income and assets are counted. As of last year, the Social Security Administration, which determines eligibility

Cost for the program, does not count life insurance policies as a resource for eligibility purposes. In addition, help received from family and friends to pay for household expenses like food, mortgage, rent and utilities does not count as income.

Dr. Don Berwick, CMS Administrator. Explained "If you were turned down for 'Extra Help' in the past due to income or resource levels, you should reapply. If you qualify, you will receive help paying for Medicare prescription drug coverage premiums, copayments and deductibles."

To qualify, Medicare beneficiaries' incomes must be less than \$16,335 a year (or \$22,065 for married couples) and have resources limited to \$12,640 (or \$25,260 for married couples). Resources include bank accounts, stocks, and bonds, but do not include a beneficiary's house, car, or life insurance policy.

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There is no cost to apply for "Extra Help" to Medicare beneficiaries.

Transplant Anniversaries July to September

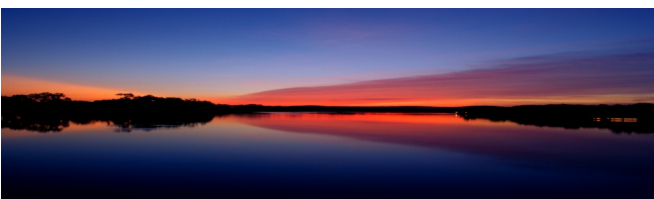
Fred Amrhein	SL	July	Denise Johnson	SL	August
Lucille Benson	SL	July	Denise Kitchen	DL	August
Gary Broberg	SL	July	Duane Lokken	SL	August
Sarah Buan	SL	July	John MacLaren	DL	August
Polly Davis	DL	July	Jane Mathison	SL	August
Lyle Derry	SL	July	Jim Melander	SL	August
Jean Dunson	SL	July	Richard Phinney	SL	August
Jo Elliott	DL	July	Deva Randall	SL	August
Kathleen Fredin	DL	July	E. Margaret Resch	SL	August
Shirley Freel	DL	July	Ruder	H	August
Clarice Hanson	HL	July	Michael Schowalter	SL	August
Wanda Hinrichs	DL	July	Charlotte Storsteen	SL	August
Charles Larsen	SL	July	Karen Taylor	SL	August
Richard Ludgate	SL	July	Deb Werkman	DL	August
Mark Nyman	DL	July	Richard Wiesinger	SL	August
Dan Oien, Jr	HL	July	Jan Ankeny	DL	September
Scott Roth	DL	July	Jan Ankeny	DL	September
Dan Schreyer	SL	July	Kenneth Bourke	SL	September
Ed Schuck	SL	July	Wally Brandt	SL	September
Suzie Seever	DL	July	Susan A. Campina	SL	September
Candace Sprout	DL	July	Trudy Davey	DL	September
Brian Stainbrook	HL	July	Susan Hackert	SL	September
Pat Strohmeier	DL	July	Larry Larrivy	HL	September
Roy Stubbs	DL	July	Harlan Lehto	SL	September
Shawn Swartz	DL	July	Eldred (Al) Lorenz	SL	September
Matthew Todd		July	Lavonne Maring	SL	September
Chris Trainer	DL	July	Daniel McCullough	DL	September
Patty Wagner	DL	July	Carmen Moser	DL	September
Alice Wishard	SL	July	Terry Olson	DL	September
Mary Ahern	SL	August	Dale Oman	SL	September
Ronald Aman	HL	August	Melodie Purk	SL	September
Clyde Craite	DL	August	Robert Smith	SL	September
Doris Griemes	SL	August	Kristi Van Buren	DL	September
Ronald Hicks	DL	August	Carla Viseth	SL	September
Darlene Johnson	SL	August	Carole L. Vondall	SL	September
			Richard Ziegler	DL	September
			Brent Zook	DL	September

Donations

Fraternal Order of Eagles— Litchfield

Vicki Lindquist—Eden Prairie

Tammy Mavaro—Ottertail

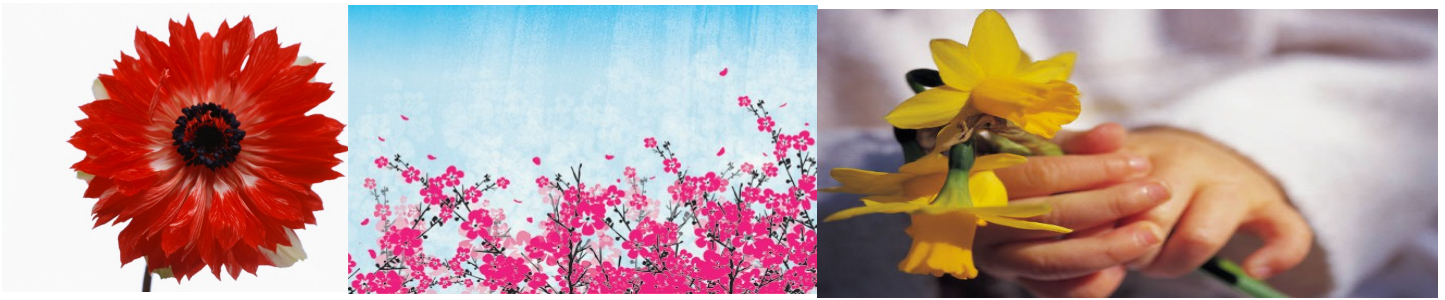


Donations

Randee McGown — Maple Grove

Michael Vermeulen—Shakopee

Our Donors have to have dreams like this picture on the left. They are the ones that make Hope Chest News possible.



Remembering Those Gone

Marge Engstrom passed away on September 2nd. Marge received a single lung on January 31st of 2000.

Please note, if you lose a loved one and wish to have the information in the newsletter,

you have to let us know. Email can be sent to Ross House at agsector@gmail.com. Because of the large geographical area covered by the newsletter, we often have no way of knowing of your loss.

Recent Transplants

There have been 3 lung transplants completed since the last newsletter. All of the transplants were single lungs. Veronica Peterson was transplanted on August 31st and is number 406. Glenn Mueller was transplanted on September 7th and is number 408 for single lungs.

The names of the other transplant recipients aren't included because of HIPPA rules. Mar-

get Schmidtke needs patient permission to release their name. Contact her for your transplant information then send it to the mailing address or E-Mail it to hopechest-news@aol.com. If any of the transplant recipients this year would like to have their name included in the newsletter, let us know. Also, if you let us know the date of your transplant and your transplant number, we can make a button for you.

Transplant Center Profile



Marget Schmidtke

Marget facilitates the transplant support group Fairview University Hospital. She grew up in Richland Center, Wisconsin, just south of La Crosse. She spent her whole life there until she moved to Minnesota to take a job with heart and lung transplant

program in 1997. Marget earned her undergraduate degree in social work from St. Olaf College. She got her Masters Degree from the University of Wisconsin in Madison.

Marget has been facilitating the lung transplant group for fourteen years. She says that being present with the patients and their family members during group meetings and watching the group members bond and support each other is one of the highlights of

her job. She says that she feels it is an honor to spend an hour each week with the group.

Marget works with the grant program that Hope Chest News funds. She feels that it is a blessing for her and to the patients that she works with. Transplant is financially burdensome. Relocation costs, insurance premiums, medication co-pays travel costs etc. can be overwhelming for patients and family

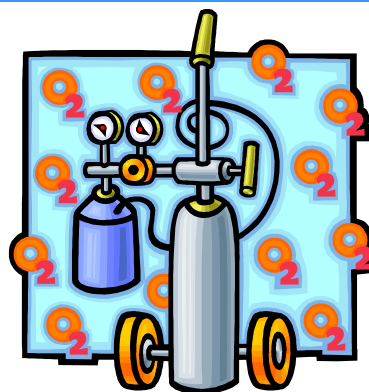
members. HCN's quick response time to requests and generous support to lung transplant patients is vital to the success of many of the transplant patients. She feels that she couldn't effectively do her job without HCN.

Marget has been married to her husband, David for 23 years. He works as a librarian for the Minnesota state legislature. They have 2 children. Karl is a senior and Emma is a sophomore in high school.

Transplant Morsels—Bits Of Information

Medicare Changes Reimbursement For Home Oxygen Use

Medicare has phased in new competitive bidding that changes the way Medicare pays suppliers for certain durable medical equipment. Round 2 of this program includes oxygen supplies and equipment. If you live in (or get items while visiting), you will have to use Medicare contract suppliers if you want Medicare to help pay for the items. Contact



Medicare at 1-800-633-4227 to find a regional office near you and to find Medicare contract suppliers.

New Arizona Budget Restores Transplant Funding



Arizona is reinstating life-saving transplants that were dropped to save money.

Matthew Benson, a spokesman for Gov. Jan Brewer,

says the state's version of Medicaid - AHCCCS - will resume paying for those transplants that include heart, liver and bone marrow. "The procedures that will be restored are those that were eliminated last year by the legislature and the governor," he

said. "Those procedures will be restored immediately. "The restoration of transplants will be retroactive to April 1.

Brewer announced a plan last month as part of a major revamp of the state's Medicaid program. The plan, which includes enrollment freezes, would help save a projected \$500 million to help close a \$1.1 billion shortfall in the state's overall budget.

Brewer said her proposal is comprehensive enough to put the Medicaid program on solid long-term footing, so she is asking the Legislature to restore the cuts in coverage for transplants. Approximately 100 people lost eligibility for receiving transplants under the cuts, which took effect Oct. 1.

Alpha-1 Association Offers Electronic Copies of Education Days

Presentations from an education day held in Portland, Oregon recently are now available on line on the E-Education page. Topics include lung and liver disease, transplantation, advocacy and many others. In addition, there are



presentations from all of the education days held by the Alpha-1 Association.

The Alpha-1 Association offers a plethora of educational items that patients can take advantage of.

Antibiotic Use May Decrease COPD Flare-Ups

Taking a daily dose of the antibiotic azithromycin may help prevent complications of chronic obstructive pulmonary disease (COPD), researchers say.

These complications are commonly referred to as acute exacerbations, and they can cause frequent doctor visits and hospitalizations. Although numerous medications are available to help prevent exacerbations, some people still experience several flare-ups a year.

For people with this more serious form of COPD, a new study found that taking azithromycin daily helped to reduce exacerbations. People on the antibiotic had an average of 1.48 exacerbations over a year, compared with 1.83 exacerbations for people who received usual care for COPD.

"We tested whether adding azithromycin to standard therapy would decrease COPD exacerbations, and it did. It was associated with some side effects, but we thought the side effects were limited and the potential benefits for patients with COPD -- in our opinion -- outweighed the potential risks," said the study's lead author, Dr. Richard Albert, chief of medicine at Denver Health, and a professor of medicine at the University of Colorado.

Results of the study are published in the Aug. 25 issue of the *New England Journal of Medicine*.

COPD includes emphysema and chronic bronchitis. The leading cause of COPD is cigarette smoking, according to the U.S. Nation-

al Heart, Lung, and Blood Institute. Symptoms of an exacerbation -- which often accompany a bacterial or viral infection -- may include worsening cough, wheezing and difficulty breathing.

People with more frequent exacerbations have an increased risk of death and experience a more rapid decline in lung function and quality of life, according to background information in the study.

The current study included 1,142 people who were randomly selected to receive a daily dose of 250 milligrams of azithromycin or a placebo pill daily for a year. The study volunteers were at least 40 years old and had been diagnosed with more advanced COPD, as evidenced by emergency room visits, hospitalizations, or the use of oral steroids or continuous oxygen therapy.

In addition, the study volunteers had to be free of heart disease that might be affected by azithromycin, as this medicine is known to cause irregular heartbeats in some people. Some hearing loss has also been associated with use of this drug, and people with existing hearing impairments were also excluded from the study, which was funded by the U.S. National Institutes of Health.

After a year, people taking azithromycin were 27 percent less likely to experience an exacerbation, according to the study. Albert added that quality of life was also improved for those taking azithromycin.

He said that the researchers don't know exactly how azithromycin reduced exacerbations, but said it has antibiotic and anti-inflammatory properties, both of which could

be helpful in COPD.

There was an increased risk of hearing loss in those on azithromycin, but Albert said the loss didn't reach a significant enough level for patients to notice it. There was also an increase in azithromycin-resistant bacteria in people taking the drug, but no one developed an antibiotic-resistant infection during the study.

"If, after trying all of the standard treatments, patients are still having acute exacerbations of COPD, adding azithromycin to the treatment regimen will decrease the number of exacerbations," said Albert.

"This is not for all COPD patients; the group of patients we selected were predisposed to having multiple acute exacerbations. This shouldn't be used for everyone," he noted.

"In this study, the exclusion criteria were very

selective, and physicians have to be very careful to follow this exclusion criteria," said Dr. Arunabh Talwar, director of advanced lung diseases at North Shore-LIJ Health System in New Hyde Park, N.Y. "Physicians have to ask themselves, 'Does my patient have any cardiac conditions that can impact the use of azithromycin,'" he advised.

Dr. Kevin Grady, director of pulmonary and critical care services at St. John Hospital and Medical Center in Detroit, added: "This study clearly shows a decrease in exacerbations, and that's what we're looking for. We want to keep a patient out of trouble as long as possible because there's higher mortality with frequent exacerbations. The addition of azithromycin therapy makes great sense for the right patient."

Second National COPD Conference Set For Crystal City, Virginia

The Second National COPD Conference will be held on December 2 and 3 in Crystal City, Virginia. The conference will feature oriented workshops that will highlight how individuals can help the COPD community through local action, getting involved in state coalitions and becoming national advocates. At-

tendees will hear different perspectives on issues in the COPD community.

There will also be segment titled "Tools for COPD Advocacy in Your Community. This session will discuss the COPD Action Center. One of the discussion topics will be the importance of state/local advocacy and how you don't have to travel to Washington, DC to become an effective advocate. Registration for the conference is free.

Cut, Cap and Balance Act Passed by House Would Mean Cuts to Medicare and Medicaid

This week, the U.S. House of Representatives passed the Cut, Cap and Balance Act, which, as a condition of raising the debt limit, would cap federal spending at around 20 percent of GDP and require over \$100 billion in savings over the next year. Analysis shows that such a proposal would require extreme cuts to programs such as Medicare, Medicaid and Social Security. The legislation

constrains Congress's ability to raise revenues without a supermajority in both the House and the Senate, increasing the likelihood that deep cuts to these programs would be necessary. According to the Center on Budget and Policy Priorities (CBPP), while the bill does not make immediate cuts to Medicare and Social Security or require an automatic cut if the set spending cap is exceeded, it would be impossible to achieve the bill's goal without requiring cuts to these programs, and these cuts could potentially exceed those included in the recently

passed House budget.

The Medicare Rights Center, along with over 200 other national organizations, signed a letter in opposition to the Cut, Cap and Balance Act. The letter highlights the unbalanced approach taken by the legislation and

the effect that preventing revenue increases and closure of tax loopholes would have on the future of programs like Social Security, Medicare and Medicaid. Although the Cut, Cap and Balance Act passed the House of Representatives, it is unlikely to pass in the Senate.

Printable Organs In The Future??

A brief article appeared in *Casey's Daily Dispatch*, an investment newsletter, about eliminating the need for organ transplants. The article features a clip of Dr. Anthony Atala of Wake Forest University at the 2009 TED conference. In it he summarizes the state of regenerative medicine today.

It may be possible to print organs with a 3D

printer. This is still very much in the experimental stages and no one has received a printed organ yet.

Dr. Atala returned to TED to talk about the subject again this year. The hope is that one day cells and biomaterials will be inserted in to print cartridges. A CT scan of the patient is used to create a map to guide the printer and a new organ is the result.

Hope Chest News Board of Directors And Officers

The Board members and their duties and contact information are as follows:

Ross House, President	763-593-9745
Candace Sprout, Vice Pres.	612-338-3419
Kathy Greising, Secretary	763-383-2255
Gary Broberg, Treasurer	651-456-0340
Ralph Loftus, Director	763-428-3531
Sue Martin, Director	952-432-4231

Barb Peterson, Director	952-431-8442
Fern Olson, Director	952-432-1422
Vi Poeschl, Director	763-783-9051
Jeff Richert, Director	651-603-7863
Ellen Varney, Communications	906-524-7845

Contact any of the Board members with ideas, concerns or questions.

Who Should I Contact For

Address or E-Mail Change or Heart/Lung Status Change: Candace Sprout 612 338-3419 or mandccando@earthlink.net

In the Hospital: Any Board member

Financial Assistance or obtain your transplant number: Marget Schmidtke, Thoracic

Transplant Social Worker at 612-273-5796 or 1-800-478-5864

Mentorship Program or Newsletter : Ross House 763-593-9745 or agsector@gmail.com

Hope Chest News

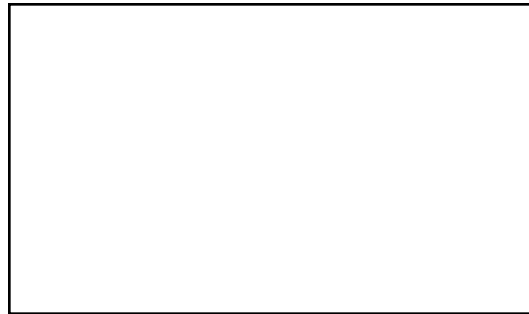
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Actual Questions Asked By Attorneys

Doctor, isn't it true that when a person dies in his sleep, in most cases he just passes quietly away and doesn't know anything about it until the next morning?

Was it you or your brother that was killed in the war?

The youngest son, the 20 year old, how old is he?

Were you alone or by yourself?

Were you present this morning in court when you were sworn in?

Was that the same nose you broke as a child?

So you were gone until you returned?

You don't know what it was, and you didn't know

THE FINE PRINT

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what it looked like, but can you describe it?

Q: Have you lived in this town all your life?

A: Not yet.

Q: Mrs. Jones, do you believe that you are emotionally stable?

A: I used to be.

Q: How many times have you committed suicide?