

# Heart Transplant Indianapolis Teacher Notes 5th Anniversary

NEW YORK — On August 24, 1968, Louis Russell underwent the 34th heart-transplant operation ever attempted. In the 11th floor surgical suite of the Medical College of Virginia, Dr. Richard Lower performed the surgery which gave Russell the heart of a 17-year-old boy who had been shot and killed earlier that day. As Russell approaches the fifth anniversary of the operation, a story released recently in September McCall's describes him at 48 as "not only the world's longest living heart transplant patient, but certainly the most active."

In the past five years, Russell — "a man with a ready grin and an opinion on every subject" — has returned to his job as Industrial Arts teacher at an Indianapolis junior high school, re-roofed his house, completely furnished his basement, spent some time on the lecture circuit and helped his wife, Thelma, launch her successful dress shop.

According to author Orde Coombs the Russells, who live in a quiet middle-class black neighborhood, "seem like any other close-knit American family, but they are not. They are special." In tracing this remarkable story to survival, McCall's credits the Russells' refusal to give up through the years preceding the transplant and their willingness to defy heavy odds against the operation's success.

If Russell, a diabetic requiring daily medication, displays an extraordinary optimism and appreciation of his second lease on life, Coombs suggest that his family, and especially his wife of 28 years provide strong motivation.

"I guess our story is a love story," says Thelma Russell. "All the worry and fear have made us stronger." Although she understands the day-to-day risk that her husband's body may someday suddenly reject this new heart — in fact there have already been close calls — she "learned long ago how to taste the bitter and enjoy the sweet and know the difference."

A school dropout at 16, Russell served for two years in World War II, later worked in the foundries of Terre Haute then returned to school on the G.I. bill, taking a B.A. and M.A. at Indiana State University. Shortly after beginning his teaching career he presented his wife with the transcript of her 9th and 10th grade marks. She took the hint, also returned to school, and graduated from high school.

It was in 1964 that Louis Russell had the first indications of what was to come — the "stomach pains" and "indigestion" that persisted and preceded the massive heart attack he barely survived. Mrs. Russell recalls the doctors' warnings that "there was very little hope that he could have either a normal life or a very long one." Later that year, as the pain again became intense, they started thinking about a heart transplant.

"We knew that he could not live much longer, but we were a bit uncertain about heart transplant. Many of the patients had died and we had to face that possibility," she says.

Charles Russell, eldest of the four Russell children, and a law student at Indiana University, helped make the decision to go ahead with the transplant. "Dad lived from day to day on hypodermic needles and while we thought that he probably would not survive the heart transplant, we refused to think about it."

The decision made, Dr. Robert Chevalier the Russells' family physician in Indianapolis, made arrangements for them to meet Dr. Lower, a former classmate of Chevalier's, who had a growing reputation in the relatively new surgical specialty.

In July, 1968 Thelma and Louis Russell, with their two daughters, Connie and Helen, left for Richmond not knowing how long they would be away; realizing that in order for Louis Russell to live they were waiting for someone to die.

"I knew that my husband's future depended on someone's death and that made me sad. (Continued on Page 4B)

## Day Care Subsidy To Duke Employees

Greetings: This Office of the Chancellor, of Duke University will again this year offer day care subsidy to Duke employees. We hope to be able to aid all of those who need assistance. Funds will be available based on need, to help Duke University employees' children attend local day care centers from October 1, 1973, to May 3, 1974. Applications, found on employee bulletin boards, are due by September 14, 1973.

Duke University is also continuing to sponsor the Day Care Clearing House. With this service parents may call 684-6221 to obtain current information on vacancies, costs, hours, ages of acceptance, and locations of local day care centers.

Please contact us at 684-6221 or at the above address if you have any questions or if we can be of any help.

## Dental Cares Diminish With Age, But Disease Comes Along

If tooth decay doesn't get you when you're a child, periodontal disease may when you're an adult. The latter is reported to be the greatest single cause of loss of teeth after age thirty-five.

For the curious, "periodontal" comes from two Greek words meaning "around the tooth". Disease of the gums and other supporting structures of the teeth is called periodontal disease.

Can it be prevented? Dentists say yes, but that the patient must help.

Home care is considered very important. Proper toothbrushing helps prevent the formation of plaque on the teeth. Food deposits can be removed most easily immediately after eating, there are gentle, soft-bristled toothbrushes such as Sensodyne "Gentle" that can be used with a toothpaste of the same name. (The toothpaste is especially formulated to block the pain of hypersensitive teeth.)

The dentist may recommend other measures to be taken. A well-balanced diet is important, too.

Periodontal disease isn't new. Examination of mummies indicates that Egyptians estimated to have been embalmed 4,000 years ago had the condition.

Today, dentists suggest that the key to preservation of healthy teeth is prevention. Tooth loss can be avoided with a program of home care, supplemented by regular visits to the dentist for examination and treatment, as needed.

## Quick Meal For One Or Two

People who live alone and cook for themselves can make meal-times more enjoyable and relaxing by occasionally getting together with a friend and establishing an organized pot-luck. One person provides salad and dessert; the other supplies the meat dish and vegetable.

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Company encourages that extra effort to prepare foods more attractively than most people do just for themselves. When there's no one to compliment your culinary achievements, it's all too easy to eat catch-as-catch-can. Over a prolonged period that can be bad nutritionally.

A convenient dish that's also wholesome is Chicken Kashmir Rice Rounds. It goes together as fast as cooking rice. The base is one of The Spreadables meat salad sandwich spreads. These are as handy as the kitchen cupboard because refrigeration is unnecessary until they're opened. Besides making substantial sandwiches in a jiffy, they can become the foundation for a variety of nourishing hot casseroles and salads.

**Chicken Kashmir Rice Rounds**  
(Makes 2 to 3 servings)  
2/3 cup water  
1/2 cup white rice  
1/4 teaspoon salt  
1/4 teaspoon curry powder  
1/2 cup raisins, optional  
1 can (7 1/2 ounces) The Spreadables chicken salad spread

Bring water to a boil in a small saucepan. Add rice and salt and cook according to package directions. Stir chicken salad, curry and raisins into steaming rice. Spoon into lightly buttered individual molds (custard cups or metal molds), packing firmly. Let stand 3 to 4 minutes. Turn out onto plates and serve at once.

**Spreadables Variations:**  
Substitute ham salad for chicken salad, and use 1/4 cup drained, crushed pineapple in place of the curry powder and raisins.  
Substitute turkey salad for chicken salad, and add 1/2 cup slivered, toasted almonds in place of the curry and raisins.  
Substitute tuna salad for chicken salad and add 1/2 cup frozen peas, cooked and drained, in place of the curry and raisins.

## Recording Star Puts Spice In Her Life

Recording star Vikki Carr really cares about her own health, as anyone can tell at a glance. She radiates energy. Her skin glows and her eyes sparkle while she talks non-stop about pet loves (singing, acting, her scholarship foundation for Mexican-American students and Mexican food).

Florencia Bisenia de Casillas Martinez Cardona Moss, alias Vikki Carr, was raised on Mexican food, and she loves to cook it herself. But to keep her waistline down and energy up, she has worked out a practical eating pattern that lets her balance her love for the spicy food with simple, if unconventionally timed other meals. She stays away from those things that disagree with her. She eats only what her stomach tells her to.

Late breakfast consists of two eggs, toast and milk. Mid-afternoon and perhaps at bedtime, too, she'll snack on an apple and a glass of milk. Vikki doesn't like desserts, which helps keep the calories down.

So good is Vikki Carr's reputation as a Mexican cook that a nightclub owner once sent a plane hundreds of miles to pick up all the ingredients so Vikki could concoct a wonderful Mexican barbecue for a party of fifty. (Maybe her reputation is too good?)

Here is her recipe for Ensalada Ranchera, a cold macaroni salad that goes well with summer barbecue menus. Carnation Evaporated Milk makes the salad dressing creamy and smooth. It's a little hotter than most salads, but as Vikki Carr says, "You must put a little spice in your life!"



Vikki Carr's Ensalada Ranchera, a cold macaroni salad that is guaranteed to "spice" up any summer barbecue.

Cook macaroni according to package directions; drain. Combine macaroni, celery, pimiento, green pepper, peas, salt and chile sauce. Marinate 2-3 hours or over night. Stir lemon juice into Carnation. Pour over salad. Add cheese and toss lightly to coat salad. Spoon into lettuce lined bowl.

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