Dr. Facciuto was originally trained as a doctor in his native Argentina, and came to the United States in 1993, to receive advance surgical training in Chicago. He came to Mount Sinai in 1997 where he began his career as a transplant surgeon. Dr. Facciuto returns to Mount Sinai after a ten-year absence, during which time he served as a transplant surgeon with the Living Donor Program at Washington Medical Center in Vadnais, New York.

The Living Donor program is a live donor program for patients otherwise faced with a long wait on the transplant list. As a member of the Independent Donor Advocate team, Dr. Facciuto shares a special interest in the wellbeing of all live donors. The team consists of physicians, donor coordinators, psychologists, and social workers. The donor team provides information, assists and helps donors make an informed decision. Donors undergo life saving surgery or a family member or close friend. It is always a very difficult decision for someone to undertake, and Dr. Facciuto’s responsibility is to reassure all surgical aspects of the living donor program, from initial surgical evaluation of potential donors, to ensuring the well-being of the medical care. By definition, a living donor is completely healthy, physically and mentally. Every single aspect should be carefully considered. The donor team works closely with potential donors providing full commitment for their long term care. The idea of a person willing to be operated on when they are disease free has encouraged Dr. Facciuto to actively participate and develop the Center for Living Donation.

Upcoming Events:
Donor Recognition Ceremony, April 4th, 2011
Healthy Lifestyles Seminars March 2011
Everything You Need To Know About Being A Living Liver Donor , March 3rd & April 7th
Everything You Need To Know About Being A Living Kidney Donor, February 8th, 9th, March 15th,16th, April 12th,13th

Meet The Team!
Dr. Facciuto is the Surgical Director for the Center for Living Donation.
Hello and welcome to my newsletter. I hope you are finding value in the health tips that I share. Today’s topic is going to be about liver health.

The liver is a very special organ in the body. It is the largest internal organ, and it takes on many functions, including processing the nutrients we consume and helping the body fight off infections. Unfortunately, the liver can become damaged due to a variety of factors, including alcohol, obesity, and certain medications. That’s why it’s essential to keep your liver healthy.

Let’s take a moment to discuss nutrition. Nutrition is a key component in maintaining a healthy liver. A well-balanced diet can help support liver health and prevent damage. Here are some tips to keep your liver healthy:

1. **Eat a Balanced Diet:** Focus on a diet that includes a variety of fruits, vegetables, lean proteins, and whole grains. Avoid processed foods and high-sugar foods. Limit alcohol intake and avoid smoking.

2. **Stay Hydrated:** Drinking plenty of water helps flush out toxins from the liver and supports liver function. Aim for at least 8 cups of water daily.

3. **Exercise Regularly:** Regular physical activity improves liver function and reduces the risk of liver disease. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

4. **Manage Weight:** Obesity is a significant risk factor for liver disease. Maintain a healthy weight through a balanced diet and regular exercise.

5. **Avoid Harmful Substances:** Limit or avoid exposure to substances that can damage the liver, such as alcohol and some medications.

By incorporating these healthy habits into your daily routine, you can help protect your liver and maintain overall health.

If you have any questions or need further information about liver health, please don’t hesitate to contact me. I’m here to help you on your journey to a healthier lifestyle.

Best regards,

[Signature]

Courtney Sahn, Nutrition Coordinator

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**Recipe for Health:**

**Butternut Squash French Fries**

Ingredients:
- 1 small butternut squash
- 2 tablespoons olive oil
- Salt and pepper to taste

Directions:
1. Preheat oven to 425 degrees.
2. Cut butternut squash into half-inch slices and set aside.
3. In a bowl, combine squash slices with olive oil, salt, and pepper. Mix well.
4. Spread evenly on a baking sheet and bake for 20-25 minutes, or until tender.
5. Serve with your favorite dipping sauce.

Note: These fries are a healthy alternative to traditional French fries. They are lower in calories and carbohydrates and are packed with vitamins and minerals.

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**Recipe for Health:**

**Triglycerides**

In the quest for blood pressure control, it’s important to keep an eye on triglycerides. High triglycerides are linked to an increased risk of heart disease. Here are some tips to help you manage your triglyceride levels:

1. **Diet:** Incorporate a healthy diet rich in fruits, vegetables, and whole grains. Limit saturated and trans fats, and avoid sugary drinks.
2. **Exercise:** Regular physical activity helps improve triglyceride levels. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.
3. **Weight Management:** Excess weight is associated with higher triglyceride levels. Focus on maintaining a healthy weight through a balanced diet and regular exercise.
4. **Limit Alcohol:** Excessive alcohol consumption can raise triglyceride levels. Limit alcohol intake to recommended guidelines.

By following these tips, you can help keep your triglyceride levels in check and reduce your risk of heart disease.

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**For More Information Call:**
212-659-8082 or visit us on the web at:
Center For Living: Donation
The Mount Sinai Medical Center
New York, NY 10029

GIVE WELL LIVE WELL