

PRIDE OF THE
HEARTLAND



Andy Jablonski

Jablonski manages the Foundation's daily activities in his office at Southeast Community College's Entrepreneurship Center.

PHOTO BY MARK SCHWANINGER

Specialties

TCM Arthroscopic Surgery Fracture Care



Lincoln man creates foundation for Short Bowel Syndrome support

BY MARK SCHWANINGER

Andy Jablonski of Lincoln had a rough start in life. But he is turning his experiences and continued health challenges into a positive approach by managing a foundation to help others with similar medical conditions.

Andy was born July 23, 1986 in Columbia, Mo. with Short Bowel Syndrome. His mother, Barb Jablonski, had an emergency C-section after a fetal monitor revealed that Andy's heart stopped

with each contraction. Then 15 minutes of resuscitation was necessary before Andy could breathe. His stomach was swollen, but doctors couldn't get images of it because the hospital's only CT scanner was scheduled for repair.

Exploratory surgery revealed that Andy's intestines were knotted in three places, cutting off his blood supply. To correct the kinks, surgery was performed, leaving Andy with only four of the 36 inches of intestines he should have had.

"Little was known about how to treat or manage Short Bowel Syndrome at the time," says Andy's father, Leo Jablonski. "We were told he would probably never be able to eat and would have to rely on IV nutrition. He was expected to die at a very early age."

But Andy defied the odds, and gastroenterologists present his case internationally as a success story.

Parents provided special care at home

After his birth and diagnosis, Andy's parents took special precautions, like administering 1 cubic centimeter of baby formula per hour through a stomach tube, gradually adding more formula until he could tolerate one-half bottle per day. Then they gradually added food to his diet. They also helped him battle through infections and fevers.

Andy became the Children's Miracle Network Telethon's national poster child at age 9 1/2 months – pictured with singer/actress Marie Osmond, the telethon's national chairperson in 1987.



As the Children's Miracle Network Telethon's national poster child in 1987, Andy was pictured with Marie Osmond, the telethon's national chairperson. COURTESY PHOTO

Nebraska's Only 5 Star Course!

Woodland Hills Golf Course

"Once in your life at any price!"
Golf Digest Magazine
*...ion for all types of group and
...nts, reduced price for groups of
10 or more players.*

10 off

Rate at any time
[woodlandhillsgolf.com](http://www.woodlandhillsgolf.com)

Night rate
offer.
11, 2012.

Woodland Hills

WOODLAND HILLS DR., • EAGLE, NE
6653) • www.WOODLANDHILLSGOLF.com
Just 20 minutes from Lincoln!

Eventually, through medical management, home care and perseverance, Andy was able to eat enough food to support himself.

As an adult, Andy discovered a natural passion for helping others with medical issues and pursued a medical career. He became certified as a nursing assistant and completed training in emergency medicine and surgical technology. He worked as a nursing assistant and medical radiation physicist assistant.

Andy also earned an Associate of Applied Science degree in Business Administration, with a focus in entrepreneurship, from Southeast Community College.

"I wanted to do something more in medicine," Andy says. "I brainstormed ideas with my dad and decided what I know best is Short Bowel Syndrome."

Created Short Bowel Syndrome Foundation

As a result, Andy created the Short Bowel Syndrome Foundation (SBSF) in December 2010 in Lincoln. The Foundation's mission is to educate, support and empower patients who live with the condition, and also the healthcare providers who help patients manage Short Bowel Syndrome.

Andy joined all of the Short Bowel Syndrome groups on Facebook to keep in touch with others who have the condition and to give advice.

"I shared my story on Facebook, and people wanted to know more," he says. "That's another factor that fueled the idea to create the Foundation."

Only 25,000 to 35,000 people are known to have SBS; in the U.S. the figure is between 15,000 and 20,000. Most are under age 18.

Today at age 25, Andy's 5-foot-10 frame weighs only 100 pounds, but he continues to win his battle against SBS. Most challenging to him are the dietary restrictions

– what he can and can't eat, and taking supplements to give his body the vitamins and minerals it lacks.

"Digestion for most people takes hours," he explains. "The small intestine breaks down nutrients and absorbs them into the body. With a shortened intestine, food goes through me at a quicker pace. I absorb only half the calories I eat."

Andy manages his condition with oral medications and dietary supplements – 22 pills in the morning and 21 at night. Some of the medications help prevent bacteria overgrowth, while others prevent febrile seizures resulting from infections.

"With medications, I've been able to keep the seizures under control for the most part," Andy says.

Board comprises gastroenterology specialists

Andy also manages his condition with follow-up care from long-trusted medical professionals, many of whom serve on the SBSF Board of Directors. The board includes leading gastroenterology specialists – doctors from the University of Nebraska Medical Center, Creighton

Providing diagnostic and therapy physics services for over 20 years.
Currently serving 25 NHA member hospitals.



Jablonski Physics

- Diagnostic x-ray calibration and surveys
- Mammography (required annually by federal MQSA regulation)
- Radiographic units (required every 3 years by NE state regulation)
- Fluoroscopic units (required annually by state regulation)
- CT (required every 2 years by state regulation or annually if ACR accredited)
- Dental (required every 5 years by state regulation)
- Shielding design and surveys for X-ray room as required by state regulation
- JPS also provides a full range of services in Radiation Therapy, including external beam therapy, stereotactic radiosurgery, and brachytherapy

Jablonski Physics Services is Board Certified in both Diagnostic Radiologic Physics and Therapeutic Radiological Physics

402.770.0723 • leo@jablonskiphysics.com • www.jablonskiphysics.com

University Medical Center, University of Pittsburgh School of Medicine, Cleveland Clinic, and the chief medical officer of Saint Elizabeth Regional Medical Center in Lincoln.

Supervising SBSF's daily operations, Andy answers calls and e-mails from patients and their parents; maintains the Foundation's web site; plans fundraising events, expos and workshop presentations; applies for funding; and attends industry conferences to raise awareness of Short Bowel Syndrome.

Through these efforts, he connects SBS patients, families and care providers with the vital resources they need – giving them hope.

Locating the SBSF office in the Southeast Community College Entrepreneurship Center at 285 S. 68th St. Place, Suite 307, has helped control costs.

"My rent here is lower than my cell phone bill, but I can only stay here three years because it's a business incubator program," Andy says. "I earn enough to pay half my rent, and the rest feeds me."

To help provide financial assistance to those with SBS, this year Andy began

offering six Hardship Awards worth \$500 each, funded by a grant from NPS Pharmaceuticals.

His Foundation's web site is read around the world.

"I even aided the process of a Russian girl's adoption by a couple in Kansas," Andy says. "They called me and asked if I knew a family willing to adopt a girl with SBS who needed surgery. She couldn't get the care she needed in Russia, so both parents gave her up."

SBSF Golf Scramble Sept. 8

The second annual Short Bowel Syndrome Foundation Golf Scramble is coming up Sept. 8, from 8 a.m. to 2 p.m. at Highlands golf course. To register, contact Jablonski at ajablonski@shortbowelfoundation.org or 402-770-0554.

For more information about SBSF or to make a donation, contact Jablonski or go to www.shortbowelfoundation.org.

ECOWATER SYSTEMS OF LINCOLN

BIGGEST · OLDEST · BEST



- ◆ Softeners
- ◆ Conditioners
- ◆ Refiners
- ◆ Filters
- ◆ Drinking Water Systems
- ◆ Bottled Water & Coolers
- ◆ Pro 1™ Water Treatment
- ◆ Sell - Sales - Service



ECOWATER
SYSTEMS



SINCE 1925

It's That Good.®

1801 Yolanda Ave, Lincoln

www.ecowater.com

www.ecowaterlincoln.com

(402) 474-9440