

# Media Release



For Immediate Release  
Tuesday, November 3, 2009

## **JAZZ SINGER RETURNS TO MUSIC AFTER DOUBLE LUNG TRANSPLANT** *One year after receiving her transplant, Alex Pangman sings again and releases new CD*

Toronto, ON – Imagine what life would be like as a singer with Cystic Fibrosis. Now imagine being able to breathe new life into soulful jazz music after receiving a double lung transplant.

Alex Pangman was placed on the waiting list for a double lung transplant in June of 2008. Just months later, her disease was continuing to deteriorate. She was forced to give up singing and required oxygen to get downstairs.

In November of 2008 Pangman received the double lung transplant she had been waiting for. This restored her ability to sing, go horseback riding and perform with her band. All of these milestones happened within a year of receiving the gift of life.

“After my transplant, it felt like I was singing under water,” says Pangman, vocalist of the country music band Lickin’ Good Fried. “At first, I didn’t have enough breath, but in time I was literally blown away because I could sing with my full voice for the first time in years.”

Lickin’ Good Fried will release their new CD with a performance at Lula Lounge at 8:30 p.m. on Tuesday, November 3<sup>rd</sup>, 2009. This date coincides with the one-year anniversary of Pangman’s double lung transplant.

“Alex’s return to the stage reminds us of the magnitude of the gift of life. It’s a testament every day that recipients return to living normal and healthy lives after their transplants,” says Frank Markel, President and CEO of Trillium Gift of Life Network. “A donor and their family have given Alex a second chance with the gift of life and in turn that has allowed Alex to give the rest of us her gift of music.”

One organ and tissue donor can save up to eight lives and enhance the lives of up to 75 others.

“I want to raise awareness for organ and tissue donation because it changed my life and the life of everyone in my family. What a better way to demonstrate that transplant works than by singing with these precious new lungs,” says Pangman.

Ontarians can make an impact to save and enhance lives by registering their consent to donate organs and tissue in the Ministry of Health and Long-Term Care database.

You can register your consent to donate your organs and tissue by visiting your local Service Ontario Health Card Services – OHIP office or outreach centre where you renew your health card. You can also register by downloading and filling out a Gift of Life Consent Form from [www.giftoflife.on.ca](http://www.giftoflife.on.ca) and mailing it to the address on the form.

Even if you've already signed your donor card, please also register your decision so that this information is accessible at the time of your death and talk to your family about your decision.

For more details on Alex Pangman, her bandmates Lickin' Good Fried and their new CD, visit [www.lickingoodfried.com](http://www.lickingoodfried.com)

For more details on Trillium Gift of Life Network, please visit our website at [www.giftoflife.on.ca](http://www.giftoflife.on.ca). You can also call 416-363-4001 or toll free 1-800-263-2833.

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Alex Pangman, jazz singer and band member of Lickin' Good Fried will release their new CD on Tuesday, November 3<sup>rd</sup> at Lula Lounge on the one-year anniversary of Pangman's double lung transplant.