

Why is Living Kidney Donor Transplant Best?



Problem

- The average lifespan on dialysis is 5 -10 years. Most people will die before getting a kidney transplant. The longer people are on dialysis, their lifespan shortens.
- There are enough people that want to be organ donors at death. But not enough can donate due to poor health, dying in the wrong way, and it's the family's decision.

Transplant is Better than Dialysis

- The time it takes to get a deceased (dead) donor kidney transplant is about 5 years on average. Only about 1 in 5 people on the waiting list get a kidney because there aren't enough donors. The kidney lasts about 8-12 years
- Dialysis costs \$90,000 and kidney transplant costs \$30,000 each year on average.

Living Kidney is Best

It can take about 1 year or less for you & your living kidney donor to get approved and schedule surgery. The kidney lasts about 12 - 20 years.



Types of Living Kidney Donors

Directed Donor is someone you know giving you a kidney.

Paired Exchange is when someone you know wants to give you a kidney, but you are not a match. You are matched with another donor. Your person donates a kidney to someone else. Don't worry about your blood type when looking for a donor, just find someone who wants to donate.

Non-Directed Donor is a stranger giving you a kidney.

Risk for a Living Donor

- The risk of surgery problems is less than 3%. Most donors have a minor surgery with small punctures in the belly area (laparoscopic). Hospital stay is about 3 days & recover 6 weeks before going back to work.
- Risk for donors needing dialysis or transplant in the future is lower than the normal public. Living donors go to the top of the waiting list if they need a kidney. You can live a healthy, normal life with one kidney.
- There is no cost for testing needed to be approved or for surgery. There could be costs for travel or time off work.



Finding a Living Kidney Donor

- Tell your kidney story to people you know.
- Websites: **www.LKDN.org** & **www.TransplantFirst.org**
- Family or friends can be your coach to help tell your story. Have them share your story with others. National Kidney Foundation **“The Big Ask The Big Give”** can help you & your coach.
- Use cars to tell your story. Make or buy a window message, sign or bumper sticker about your need for a donor.
- Your circle of friends, family, and people where you live may want to help you. Ideas for sharing your story: church, work, post in grocery stores, restaurants, etc.
- Make t-shirts, post on social media & billboards.



Other:

“The Kidney Donor’s Journey” book by Ari Sytner
Renal Support Network at www.rsnhope.org
Call a Transplant Center!



www.MyKDC.org