

CKD Education

TREATMENT OPTIONS (TRANSPLANT)



1

WHAT IS A KIDNEY TRANSPLANT?

A healthy kidney from a living or deceased donor is placed inside your body

- The healthy kidney takes over the work of your failed kidneys
- Replaces kidney function

A treatment option for kidney failure, but does not cure the original kidney disease

2

WHO CAN HAVE A KIDNEY TRANSPLANT?

- Age and certain medical-condition restrictions exist
- Differ between centers
 - Your GFR must be 20 or lower
- Do not need to be on dialysis
 - Health benefits to early transplantation
- Thorough evaluation needed by transplant center

3

WHO IS ON THE TRANSPLANT TEAM?

Surgeon & kidney doctors

Transplant coordinator

Social workers

Financial counselor

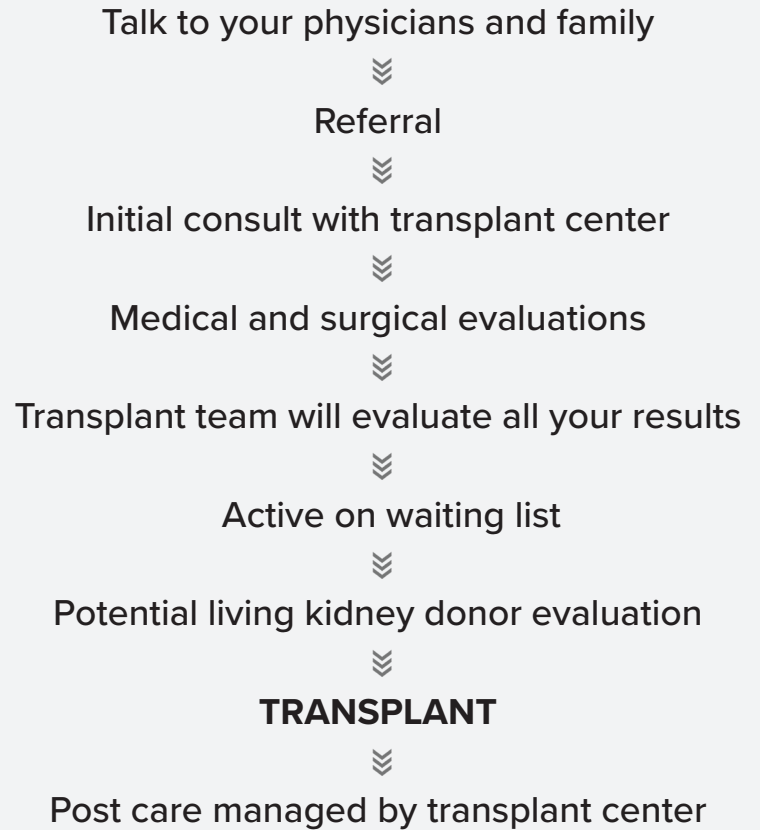
Pharmacist

Nursing staff

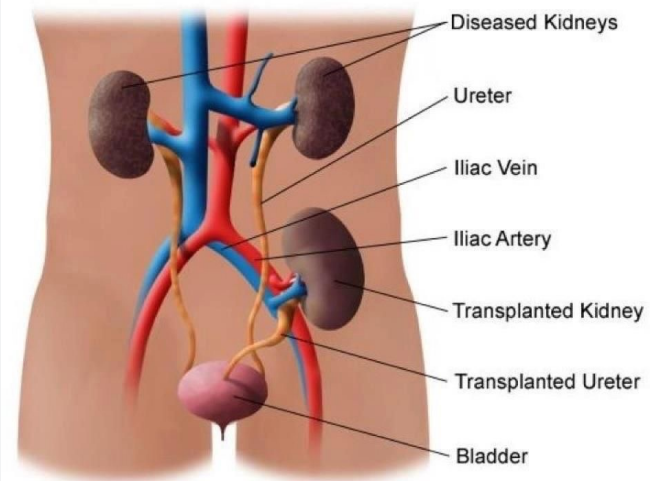
Dietician

YOU!

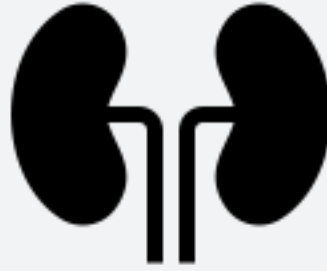
TRANSPLANT PROCESS



Example of a Kidney Transplant



TRANSPLANT CENTERS



There are four transplant centers in Minnesota:

- Hennepin
- Mayo Clinic
- University of Minnesota
- Abbott Northwestern

FACTORS THAT AFFECT WAITING TIME

- Blood type
- Tissue type
- Height and weight of the transplant candidate
- Size of the donated organ
- Medical urgency
- Distance between the donor's hospital and the candidate's transplant hospital
- The number of donors in the local area
- The transplant program's criteria for accepting organ offers

TRANSPLANT PROS AND CONS

PROS

- Longer life and improved quality of life
- Better control of problems associated with chronic kidney disease:
- Only potential way to replace complete kidney function
- Easier to have an active lifestyle
- Fewer dietary/fluid restrictions
- Freedom from dialysis

CONS

- Out-of-pocket costs can be high
- Surgery has risks
- Rejection of the kidney is possible at any time
- Anti-rejection medication **MUST** be taken for as long as you have the transplant
- Medicines have side effects
- You may eventually need another transplant or dialysis

COMMON CONCERNS ABOUT HAVING A LIVING DONOR

Asking a loved one to consider donating a kidney is difficult.

You may feel concerned or worried about the donor's health, finances and the magnitude of the gift.

The donor may have pain, anxiety and depression especially if you (the recipient) or they do not do well.

The living donor may feel ignored or forgotten, especially if attention is focused on the recipient.

Your relationship with the donor may change.

Donor loses time from work and family.

QUESTIONS?

InterMed Consultants has been providing renowned kidney care in the Minneapolis area, as well as greater Minnesota, since 1979.

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