

# Kidney *Chronicles*

END-STAGE RENAL DISEASE NETWORK OF NEW ENGLAND

NOVEMBER  
2015

HELPFUL TIPS  
TO EMPOWER  
ESRD PATIENTS  
AS CONSUMERS

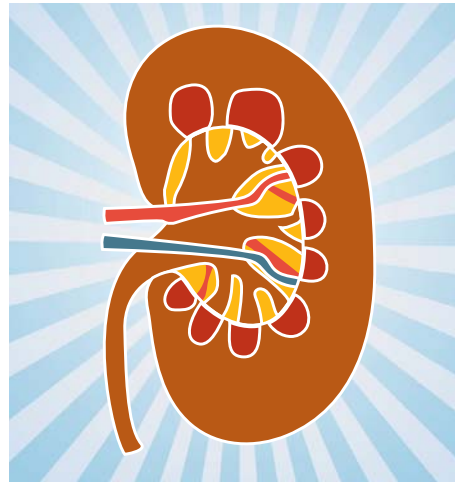


Improving Healthcare  
for the Common Good®

## Find Out About the Kidney Transplant Process

**Q - Is a transplant the best option for people with kidney disease?**

**A -** A kidney transplant is the best option for many people with kidney disease, because it has been shown to increase patients' life expectancy and improve their quality of life.



**Q - How do I find the right transplant center for me?**

**A -** It is important to choose a transplant center that has performed a large number of successful transplants. You may also want to choose a transplant center that is located near you, since you will need to visit frequently for your appointments.

**Q - Why do some patients wait on the transplant waiting list longer than others?**

**A -** The amount of time an individual waits on the transplant list depends on many factors that include the person's blood type; and whether he or she has had a previous transplant, blood transfusion, or pregnancy.

For more information about kidney transplantation, visit the National Kidney Foundation's website:  
[www.kidney.org/atoz/atozTopic\\_Transplantation](http://www.kidney.org/atoz/atozTopic_Transplantation)

### How the Network Serves You

- Advocates on your behalf;
- Answers your questions about treatment, modality choices or other issues;
- Develops and provides educational materials, i.e., newsletters, for you and your family;
- Works with renal professionals to improve the care provided to you;
- Helps keep you informed and updated to support your involvement in your care and treatment options; and
- Evaluates and resolves grievances.

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## What You Need to Know About Getting on the Waiting List for a Transplant



The United Network of Organ Sharing (UNOS) Organ Center manages the national waiting list for transplants from deceased donors. To get on the national transplant waiting list you must take the following steps:

1. Request a referral from your physician;
2. Contact and choose a transplant hospital that best suits your needs (location, quality of care, finances, etc.);
3. Schedule an appointment for an evaluation to find out if you are an eligible transplant candidate; and
4. Ask questions during the evaluation to learn more about the transplant process.

Once you have completed these steps and are found to be an eligible candidate for a transplant, your name and information will be added to the transplant list.

**Fall is  
Flu Shot Season**

**\*\* REMINDER \*\***

Flu season has begun and IPRO ESRD Network of New England would like to remind YOU to get your influenza vaccination, if you haven't done so already. By getting vaccinated, you are protecting yourself, your family, and other patients at your dialysis facility from getting sick.

To learn more about the influenza vaccination, be sure to check out the Centers of Disease Control and Prevention's (CDC) website:  
[www.cdc.gov/flu/consumer](http://www.cdc.gov/flu/consumer)

### To file a grievance, please contact:

**IPRO End-Stage Renal Disease Network of New England**  
1952 Whitney Avenue, 2nd Floor, Hamden, CT 06517

**Main: (203) 387-9332**

**Patient Toll-Free: (866) 286-3773**

**Fax: (203) 389-9902**

**E-mail: [info@nw1.esrd.net](mailto:info@nw1.esrd.net)**

**Web: [networkofnewengland.org](http://networkofnewengland.org)**



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