



# Wait Less

## SHORTEN YOUR WAIT FOR A KIDNEY TRANSPLANT

### WHY LIVING DONATION?

Not only is living donation the fastest way to get a life-saving transplant, but live organs that are transplanted last longer and begin to function more quickly than deceased donations, allowing you to get back to living life to the fullest!



#### **IT'S A BIG ASK...**

Many decide against exploring living donation as an option for transplant because it's uncomfortable to ask people to give you one of their organs.. But, there are resources available and people willing to help that will make that ask a little easier.

#### **NO DIRECT ASK REQUIRED!**

Transplant centers can help tell your kidney story through social media campaigns. These campaigns are easy to set up and reach a large group of people: The more people who know about your need for a transplant, the better your chances of finding a willing donor! Your transplant centers may also train someone to serve as your "Transplant Champion," Acting on your behalf, this person will help connect



people in your community to your transplant story. Many patients have been successful finding a living donor using these methods, and they can work for you, too!

#### **WHAT IF MY LIVING DONOR IS NOT A MATCH?**

No problem! Many transplant centers participate in a program called "paired donation." This program matches you and your donor with another kidney pair. Both recipients, one from each pair, receive a compatible living kidney donation. The paired donation program assures you receive a living donation, even when your willing donor is not a match to you. Make sure you check to see if this program is offered at your transplant center!

**Waiting for a kidney from a deceased donor can take 3-5 years or more. There are many benefits to living donation, including shorter wait times.**

## WHEN DECEASED DONATION IS THE ONLY OPTION

For a number of reasons, waiting for a deceased donor is the only option for many patients on the transplant waiting list. There are still ways you can take action to shorten your wait time and increase your chances of receiving a life-saving donation.

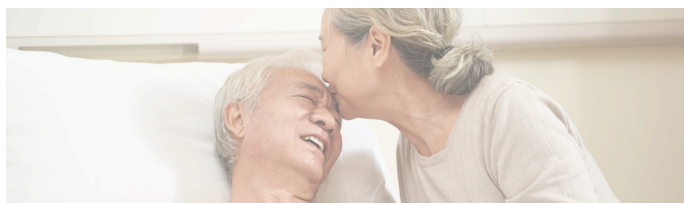


### GET ON THE LISTS!

Get listed at multiple transplant centers. Select those that you can travel to in four hours or less. Check to see if these centers use an organ procurement organization (OPO) that is different from the OPO supplying your transplant center. Getting listed at transplant centers with different OPOs will increase your chances of finding a suitable match. You probably won't need to complete a full work-up at more than one center since your records can transfer, BUT you will need to keep lab records and other information updated at all the centers you list at. If it makes it easier to get a kidney sooner, it might be worth the extra work!

### WHAT'S THE KDPI SCORE OF THAT KIDNEY?

Upon donation, organs are given a KDPI score, indicating how long an organ may last after transplant. The lower the KDPI score, the longer the organ may last (lower score = lower risk). The higher the KDPI score, the higher the risk the organ will not last long (higher score = higher risk). These scores, however, are only a prediction and not



a guarantee. Organs with higher KDPI scores sometimes have similar success rates for recipients as do organs with lower scores. For example, an organ donated after a heroin overdose death can be safe for transplant and just as viable as a donation from a person who has died from other causes. As always, the choice about which organ to accept is up to you.

### CHANGE YOUR VIEW ON ORGAN ACCEPTANCE

A kidney may become available from a donor who participated in risky behaviors, i. e. IV drug use or having multiple sex partners. Though the donor may have been exposed to an infection, the chance of that infection being transmitted to you is less than one percent (You are more likely to catch an infection of this kind through poorly prepared food or unsanitary conditions). Even if an infection were passed over to you, it can be successfully treated, so the health benefits to receiving this type of transplant outweigh those of continuing to stay on the wait list and remain on dialysis.



To file a grievance, please contact us:

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HHSM-500-2016-00009C  
04/20/20 Version 4