



# Wait LESS

SHORTEN YOUR WAIT FOR A  
KIDNEY TRANSPLANT

## A FRONT TO BACK LIST OF IDEAS TO SHORTEN YOUR WAIT

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.

### 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!

### ITS A BIG ASK...

Many decide against exploring living donation as an option for transplant because its uncomfortable to ask. But, there are resources available and people willing to help make that ask a little easier.

### NO DIRECT ASK REQUIRED!

Transplant Center's can assist you with helping to 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 higher the chances that you will find a willing donor!** Transplant Center's can also train someone to act on your behalf as a "transplant champion," who will help connect people in your community to your transplant story. Many patients have been successful finding a living donor using these methods and it 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,' where you and your donor are matched 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!



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### WHEN DECEASED DONATION IS THE ONLY OPTION

For a variety 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!



Become listed at multiple transplant centers you can travel to within a 4-hour time-frame. Check if the new center(s) have a different organ procurement organization (OPO) who supplies their kidneys. Getting listed at transplant centers with different OPO's will increase your chances of finding a suitable match. You probably won't have complete a full work-up since your records can transfer, BUT you will need to keep up on your labs and other information 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 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 than organs with lower scores.** For example, Organs donated after heroin overdose deaths can be safe for transplant and just as viable as a donation from death 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 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 1% (You are more likely to catch an infection of this nature through poorly prepared food or unsanitary conditions). Even if an infection were passed to you, it can be successfully treated, so the health benefits to receiving this transplant outweigh those of continuing to stay on the wait list and remain on dialysis.

