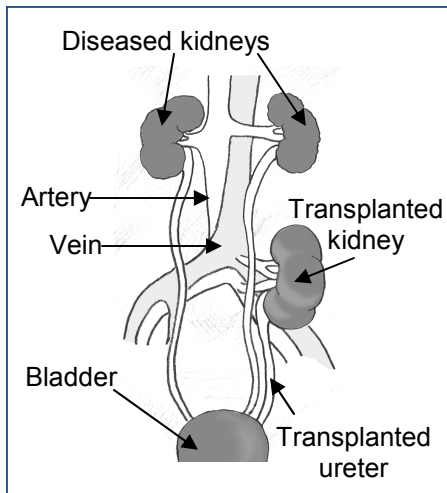


## Kidney Transplant

*What it is—and what it isn't*

### It's a healthy kidney from another person placed in your body

- It takes over the work of your damaged kidneys
- The new kidney can come from a living donor or a deceased donor (a person who has recently died)
- The kidney must match your body well enough for the transplant to be successful



### It's the best treatment for the right patients

- Patients with transplants **live longer, have better health, and a more normal life** than patients on dialysis
- Success rates are high—After 1 year, 96% of living donor transplants and 90% of deceased donor transplants are working

### It's not a cure

- Transplant surgery has risks
- You will **always** need medications to keep your body from attacking the new kidney
- These medications are strong and have side effects
- Because of the medications, you have a higher risk for infection and cancer
- You need insurance coverage to pay for the medications
- You must have a healthy lifestyle to protect the new kidney
- On average, a transplant from a deceased donor lasts 8-12 years
- On average, a transplant from a living donor lasts 15-20 years

### It's not for everyone

- For some patients, transplant is too risky, or not likely to be successful, or won't help them live longer
- You are carefully evaluated to make sure transplant is right for you

### It's not quick

- The transplant evaluation usually takes months, with many tests
- The transplant center examines and meets with each patient before deciding
- Living donors must be evaluated, too
- If you don't have a living donor, you go on a waiting list for a deceased donor kidney
- The wait averages 18 months to 5 years

### *Theresa's Story*

I was on dialysis before I got my transplant four years ago. **There's no comparison** to how much better I feel now, believe me.

It took a while to fix some problems before I was ready for a transplant, and then I waited on the list.

I still have to be really aware of my health and take care of things. But I have so much more energy—I'm even back in school!

