

Be kind to your kidney(s), says transplant recipient Marcia Wold

After years of uncontrolled high blood pressure damaged her kidneys, Marcia Wold went on dialysis at Northwest Kidney Centers Scribner clinic near Northgate. After 2½ years of dialysis, she received a kidney transplant, “the big gift” as she calls it.

“I am thankful every day for the gift of life,” she says. “I tell people often, ‘Be kind to your kidneys.’”

Marcia got on the transplant waiting list when she began dialysis, not knowing it would be a 9-month process just to see if she qualified. Months later, the call to report for transplant surgery came unexpectedly. She had just arrived home from a trip to Washington, D.C. as a patient representative advocating with members of Congress on kidney issues.

Looking back five years later, she says, “I feel lucky to have been at Northwest Kidney Centers for such compassionate care and in getting a transplant. They made me feel like the clinic was my home away from home. To this day I consider them as extended family even though I don’t see them often any longer.”

Marcia Wold, who received a kidney transplant in 2013, credits her health to a positive attitude and the support and care coordination of the staff at Northwest Kidney Centers.



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Transplants – a priority at Northwest Kidney Centers



Covington resident and former home dialysis patient Matt Kidd with his prized Harley Davidson. Matt received a transplant in 2017.

A kidney transplant is “the best option for the right individuals,” according to Dr. Leanna Tyshler, Northwest Kidney Centers’ liaison with Seattle’s three transplant surgical centers. Although a transplant is not a cure for kidney disease, recipients often live longer and have better health and quality of life than people on dialysis.

“If you are one of our patients, you are 60 percent more likely to receive a transplant than if you were a dialysis patient anywhere else,” says Dr. Tyshler. That is true because we make it a priority to help move patients through the qualification process in a systematic way.

Last year a record number of our patients received transplants, 93 in all. That’s more than 6 percent of our patients, well above the U.S. average of 4 percent. Nearly a quarter of our patients are currently on the transplant list – also above the national average.

“If you are one of our patients, you are **60 percent more likely to receive a transplant** than if you were a dialysis patient anywhere else.”
— Dr. Leanna Tyshler.

We offer help at every step

To help kidney patients explore their options, Northwest Kidney Centers developed the Next Step Transplant class, offered free at a variety of times and locations.

To qualify for a transplant, patients meet with their nephrologist to get referred to a local transplant center – Swedish, Virginia Mason or UW Medical Center.

Candidates undergo tests of blood and tissue, heart and blood vessels. There’s a cancer screening and a dental exam to make sure there’s no infection in their body.

This all requires close coordination among Northwest Kidney Centers, nephrologists’ offices and the transplant center. Our social workers guide patients along the way and track their progress.

Following transplant, former dialysis patients can continue to get support from Northwest Kidney Centers. We outline a special diet for keeping a new kidney healthy, and we offer one-on-one consultations with a dietitian.

Transplant recipients can continue to use our kidney-expert pharmacy. And they receive Transplant Connection, an annual newsletter with tips and tools for living well with their new kidney.

The national transplant waiting list

115,000 Nearly 115,000 people in the U.S. are in need of lifesaving organ transplants.

A person is added to the national transplant waiting list every 10 minutes.



82% 82 percent of those on the list are waiting for a kidney.

Two-thirds of transplanted kidneys come from deceased donors and a third from living donors.



3-5 years The average wait for a kidney from a deceased donor is three to five years. Living donations happen more quickly.



Learn more about organ transplants

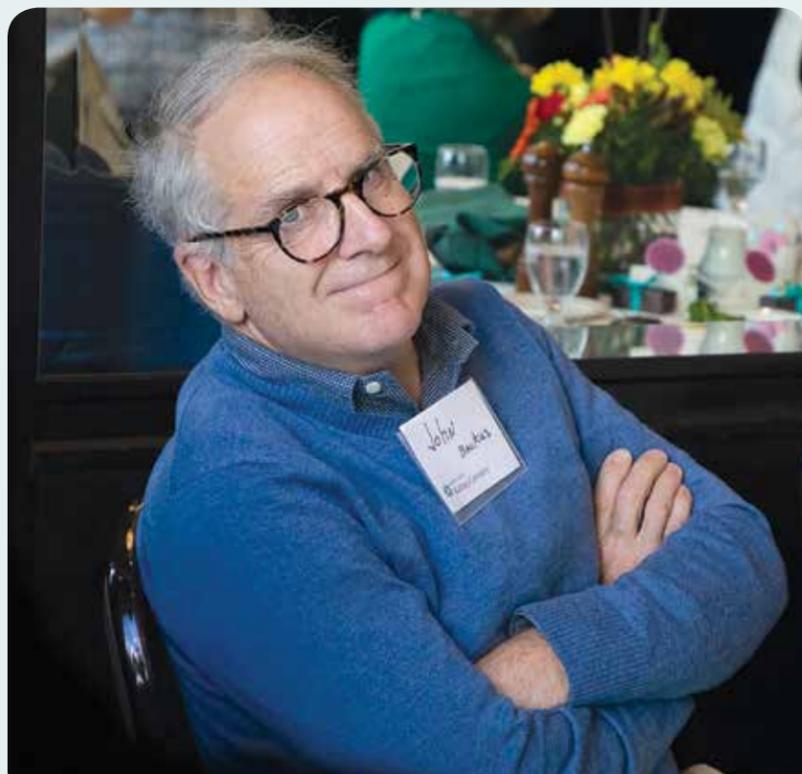
You can make a difference in the lives of many people by becoming an organ donor when you are deceased. And you can donate a kidney while you are alive. Learn more at www.donatelife.net/types-of-donation/kidney-donation/ and www.nwkidney.org/living-with-kidney-disease/transplant/.



Give and receive with a charitable gift annuity

A charitable gift annuity is a gift that pays you back. It can be a great way to supplement retirement income. A gift annuity provides fixed payments for life for one or two people (usually spouses), and it creates future support for Northwest Kidney Centers.

Establish your gift annuity by making a gift of \$10,000 or more in cash or stock to Northwest Kidney Centers. The process is easy and may qualify you for savings on capital gain taxes as well as a tax deduction. With attractive payment rates, a charitable gift annuity is truly a win-win!



John Backus donated a kidney to a friend years ago and became a vocal advocate for living kidney donation. He and his family have supported Northwest Kidney Centers in many different ways over the years.

Sample Gift Annuity Rates

Your Age	Annuity Rate
70	5.6%
75	6.2%
80	7.3%
85	8.3%

Rates for one life, subject to change



I'm here to help.

Emily McDaniel
Gift Planning Officer
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Winter weather and other emergencies can make travel difficult. Because missing a single treatment can negatively impact a patient's health, Northwest Kidney Centers stays prepared for such events.

We're prepared for weather challenges – are you?

Winter weather can pose serious challenges, especially for people on dialysis. Missing even one treatment can damage a patient's health. We encourage patients and staff members to make emergency preparations at home, including backup travel plans to get to the dialysis clinic.

We have generators at key locations so power won't be disrupted. We stock water and food. Staff and patients regularly review emergency procedures.

Learn more about emergency preparation:

- www.seattle.gov/emergency-management/prepare/prepare-yourself
- www.redcross.org/get-help.html
- www.ready.gov

Get Community Connection by email

Would you like to receive this newsletter by email? Go to: www.nwkidney.org/subscribe or email pr@nwkidney.org



2019 desk calendars are available

If you would like to receive a 2019 Northwest Kidney Centers desk calendar, please send an email to pr@nwkidney.org. These handy tent calendars can fit just about anywhere.



At the Discovery Gala, kidney research is the big winner

Some attendees walked away with fantastic auction and raffle items, but kidney research was the real winner at the Discovery Gala Oct. 20. A crowd of 466 attended the event at the Hyatt Regency Bellevue, raising \$780,000 (and counting) for kidney research. KCPQ-13 news anchor Matt Lorch was the auctioneer, assisted by KOMO 1000's Tom Hutylar. Thanks to all who joined in to support hope for a better future for our patients and their families.



Michele Saegesser was a key volunteer on the Discovery Gala planning committee, securing several deluxe cruises as auction items. At the gala, she gave a stunning testimonial for kidney care and an appeal for donations to support research.



"Raise your bid card if you support kidney research!"

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Dr. William Couser spearheaded the start of World Kidney Day. He and his wife, Adrienne, attended the Discovery Gala in October.

World Kidney Day has local roots

More than 90 countries recognize the second Thursday of March as World Kidney Day. It all began in 2006 with Seattle's Dr. William Couser, a member of the medical staff and a trustee of Northwest Kidney Centers for more than 20 years.

In words that seem prescient today, Couser, then-president of the International Society of Nephrology, proposed the worldwide observance "to draw global attention to the increasing global pandemic of kidney and associated cardiovascular disease."

In October, Couser received the John P. Peters Award from the American Society of Nephrology for his lifetime of contributions to research and academic medicine including clinical care, education and leadership.



March 14 is World Kidney Day. The 2019 theme is "Kidney Health for Everyone Everywhere."

Healthy tips for your heart and kidneys

Heart disease is the leading cause of death in the U.S. for both men and women, and kidney disease is No. 9, says the Centers for Disease Control. People with chronic kidney disease have an increased risk of heart problems.

Adopt these healthy New Year's resolutions and you'll be ready for national Heart Month in February and national Kidney Month in March:

- Follow prescribed treatments to control diabetes and/or high blood pressure.
- Lose extra weight with a healthy diet and regular exercise.
- Limit the alcohol you consume and avoid illegal drugs.
- Don't overuse prescription and over-the-counter medicines.
- Eat less salt, protein and fat.



You don't need to be a marathoner like Peter Phan to benefit from exercise: 30 minutes 5 days a week is a good goal. Peter dialyzed at our Auburn clinic before his transplant.



Save the date

World Kidney Day

Thursday, March 14

Breakfast of Hope

7:30 a.m. Thursday, May 9

Westin Seattle

Discovery Gala

5:30 p.m. Saturday, Oct. 26

Hyatt Regency Bellevue



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206-343-4870
1-800-947-8902



Northwest Kidney Centers promotes the optimal health, quality of life and independence of people with kidney disease through patient care, education and research.



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We've put the final touches on our newest dialysis clinic. In Fife, it's our first in Pierce County. The 60-patient clinic is on the first floor at 6021 12th St. E.

We're expanding to meet the surging need for kidney care

Recent milestones as we pursue our strategic plan to grow bigger:

- Our new Federal Way West Campus clinic began treating patients this fall.
- We expanded our Kent clinic by 50 percent, creating new capacity for 54 patients.
- We recently broke ground on a new Rainier Beach clinic, slated to open this summer.
- Construction continues at the new Burien campus, which will include a dialysis clinic, logistics center and offices, all scheduled to open in late 2019.