

LIVING KIDNEY DONATION

What is Living Kidney Donation?

A procedure in which a living person donates a kidney to someone in need of transplant. On average, a kidney transplanted from a living donor lasts longer than one from a deceased donor.

Why is it needed?

Nationally, nearly 100,000 people are waiting for a kidney transplant. Oregon patients wait, on average, 5-7 years. In the meantime, they are dependent upon dialysis, which can decrease their overall health.

How do you get a transplant?

If you are in end-stage renal disease, you can talk to your healthcare provider about getting added to the national wait list. You must undergo a series of exams to ensure you are healthy enough for a transplant. Once on the list, patients wait until a deceased donor kidney becomes available, or they find a living donor.

How do you find a living donor?

Living donors can be relatives, friends, or even strangers. By sharing your story with as many people as possible, you are more likely to find a donor. If someone is interested but isn't a match for you, talk to your transplant center about the potential for a paired exchange.

BECOMING A LIVING DONOR

Directed Donors specify who they want to receive their kidney. They can be related or unrelated to their recipient.

Non-Directed Donors do not specify nor know their recipient.

Basic Donor Requirements (varies by center)

- Have a healthy BMI.
- No history of diabetes, hypertension, cancer, kidney or heart disease.

CONTACT US

Donate Life Northwest is a 501 (c) (3) nonprofit organization whose mission is to save lives and improve health through the promotion of organ, eye, and tissue donation. We serve residents of Oregon and SW Washington.



LivingDonation@donatelifenw.org



503-494-7888



www.DonateLifeNW.org/EraseTheWait



PO Box 532
Portland, OR 97207

CONTACT A TRANSPLANT CENTER IN OREGON

Legacy Health

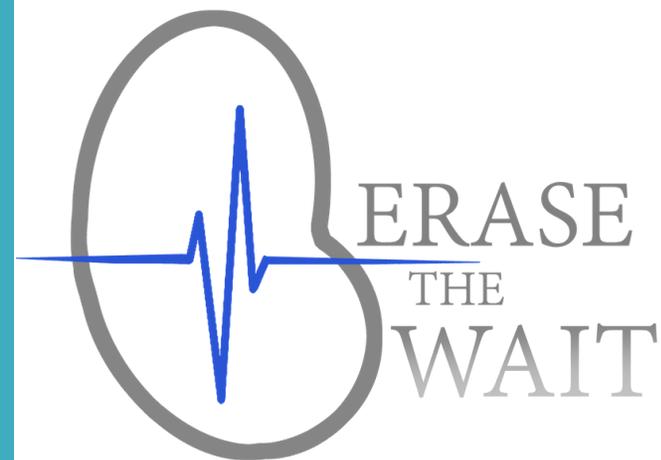
503-413-6555 or 877-622-8030
www.legacyhealth.org/kidneytransplant

OHSU

503-494-8500
www.ohsu.edu/transplant

Portland VA

503-721-7860



Erase the Wait encourages kidney patients to explore the full range of treatment options through the Living Kidney Donation Mentorship and Dialysis Education Programs.



U.S. Department of Veterans Affairs

CONSIDERING TRANSPLANT?

DIALYSIS EDUCATION PROGRAM

Explore your treatment options:



- Dialysis
- Deceased Donor Transplant
- Living Donor Transplant



Learn from recipients and health care professionals.



Sessions available in English and Spanish.

Sessions are offered in dialysis centers and at the Donate Life Northwest office.

TO LEARN MORE OR SCHEDULE A SESSION:

503-494-7888 or
LivingDonation@DonateLifeNW.org

RESOURCES

Donate Life Northwest- Erase the Wait

DonateLifeNW.org/EraseTheWait

Explore Transplant

ExploreTransplant.org/

National Kidney Foundation

Kidney.org/Transplantation/LivingDonors

UNOS- Living Donation

Unos.org/Transplant/Living-Donation/

ALREADY WAITLISTED?

LIVING DONATION MENTORSHIP PROGRAM

This program is designed to help waitlisted kidney patients explore living kidney donation by providing education, practicing self-advocacy and outreach skills, and being paired up with a mentor. Mentors are either living kidney donors or recipients of living kidney donations.



- Training sessions are held regularly throughout the year
- Trainings are typically 5-hour sessions over 3 days, typically 3 consecutive Sundays
- You can bring a support person with you
- Each patient will be matched with a mentor by the end of the training series

"This is a wonderful program that helps kidney patients be their own advocates and provides information and ideas about how to get started."

-Sandi, Erase the Wait Participant

TO LEARN MORE OR REGISTER FOR AN UPCOMING TRAINING:

www.DonateLifeNW.org/EraseTheWait
or email LivingDonation@DonateLifeNW.org

POST TRANSPLANT OR POST DONATION?

BECOME A MENTOR!

Living kidney donors and recipients of a living kidney donation can become a mentor.



Refresh your knowledge about living donation from community health educators.



Develop your communication and listening skills.



Provide support and hope to those waiting.

"I wish this program was available while I was going through the process. That's why I decided to become a mentor; now I can help others."

-Miguel, Erase the Wait Mentor



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