

## 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 your kidney function is below 20 percent you can undergo a series of exams to find the best match and ensure you are healthy enough for transplant. Once on the list, a patient may wait up to 10 years for a kidney from a deceased donor to become available. However, a living donor transplant can be scheduled within a year of finding a compatible match.

### How do you find a living donor?

Living donors can be relatives, friends, or strangers. By sharing your story with as many people as possible, you are more likely to find a donor.

### How do you find the best living donor match?

Paired exchange involves at least two pairs of living kidney donors and transplant candidates who are not the most compatible matches. The candidates then “swap” donors so that each candidate receives a kidney from the most compatible donor.

## BECOME 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:

(dependent on transplant center)

- Be at least 21 years old
- Have a healthy BMI
- No history of diabetes, hypertension, cancer, kidney or heart disease

## CONTACT A TRANSPLANT CENTER IN OREGON:

### Legacy Transplant Services

503-413-6555

[www.legacyhealth.org/  
kidneytransplant](http://www.legacyhealth.org/kidneytransplant)

### OHSU Transplant Services

503-494-8500

[www.ohsu.edu/transplant](http://www.ohsu.edu/transplant)

### VA Transplant Program

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 Program.



LEGACY  
HEALTH



U.S. Department  
of Veterans Affairs

# Join the Erase the Wait Community!

## MENTORSHIP PROGRAM

This program is designed to help waitlisted kidney patients focus on living kidney donation by providing education, self advocacy skills, and contact with mentors who are living donors or recipients.



## BI-ANNUAL TRAININGS

**FOR MENTORS** to review living kidney information and develop communication and mentorship skills.

**FOR PATIENTS** to explore living donation, network with others, and prepare to be matched with a mentor.

**Check out our trainings:**

[www.EraseTheWait.org](http://www.EraseTheWait.org)

## DIALYSIS EDUCATION PROGRAM

This training allows patients to explore all their treatment options. Recipients and health care professionals share their experience and answer questions in a welcoming environment.

Sessions offered in dialysis centers and the Donate Life NW office.



**To learn more, contact:**

[adelmaai@ohsu.edu](mailto:adelmaai@ohsu.edu)

## 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.

### **DONATE LIFE NORTHWEST**

[www.DonateLifeNW.org](http://www.DonateLifeNW.org)

[info@donatelifenw.org](mailto:info@donatelifenw.org)

503-494-7888

PO Box 532 Portland, OR 97207

### **RESOURCES**

**United Network for Organ Sharing**

[www.unos.org/donation/living-donation](http://www.unos.org/donation/living-donation)

**Donate Life America**

[www.donatelife.net/types-of-donation/living-donation](http://www.donatelife.net/types-of-donation/living-donation)

**National Kidney Foundation Infórmate**

<http://informate.org/english>

**[www.EraseTheWait.org](http://www.EraseTheWait.org)**