

Sample Letter/Email to Family and Friends

Dear Family and Friends,

As you may or may not know, I have chronic kidney disease and my kidneys have stopped working. The best option for treating this disease and helping me live a long time is a kidney transplant. A kidney transplant will give me a much better quality of life, with more freedom and energy. *[What do you want to be able to do that you can't without a transplant?]*

I might get a kidney from the deceased donor waiting list, but it would take a very long time. There are nearly 100,000 people already waiting for a kidney and only about 18% of those people receive a kidney every year. This is because very few people die under circumstances where organ donation is possible. I would probably be on the waiting list for 3-7 years before I receive a matching kidney from a deceased donor. *[How will that wait take a toll on your personal life and those around you?]*

I am happy that I have the option of going on dialysis, but it is a very time-consuming and difficult process and can cause more health problems. I also have a better chance of avoiding rejection if I have not been on dialysis for a long time. The sooner I can get a transplant, the better!

I could get a transplant from a living donor within the next year if someone I knew donated a kidney to me. Living donors don't need to be related to me, and now with paired kidney donation, they can even be a different blood type. Living donors should be in good health, and can't have diabetes, high blood pressure, or kidney problems themselves. Living kidney donation has been happening for decades, and living donors are living long and healthy lives with one kidney.

I need your help in spreading the word and helping me find a living donor. If you would be willing to share my need for a living donor with your community of family and friends, I would appreciate it. It's very hard for me to bring this up with other people. It is possible that one of them, or someone they know, would want to help me or someone else. *[Suggest places that they could share this information – social media, faith groups, school/educational centers, work, interest groups, etc.]*

Finally, if you feel called to do so, you are invited to consider becoming a living donor for me. I know that this is a personal decision that isn't right for everyone. Please know that if you are not able to consider living donation, it will not affect our relationship or the way I feel about you.

If you would like more information about living donation, please contact [NAME OF YOUR TRANSPLANT CENTER LIVING DONOR COORDINATOR] who will be glad to answer any questions you may have.

Thank you for taking the time to read this and for caring about me.

Sincerely,
[Your Name]