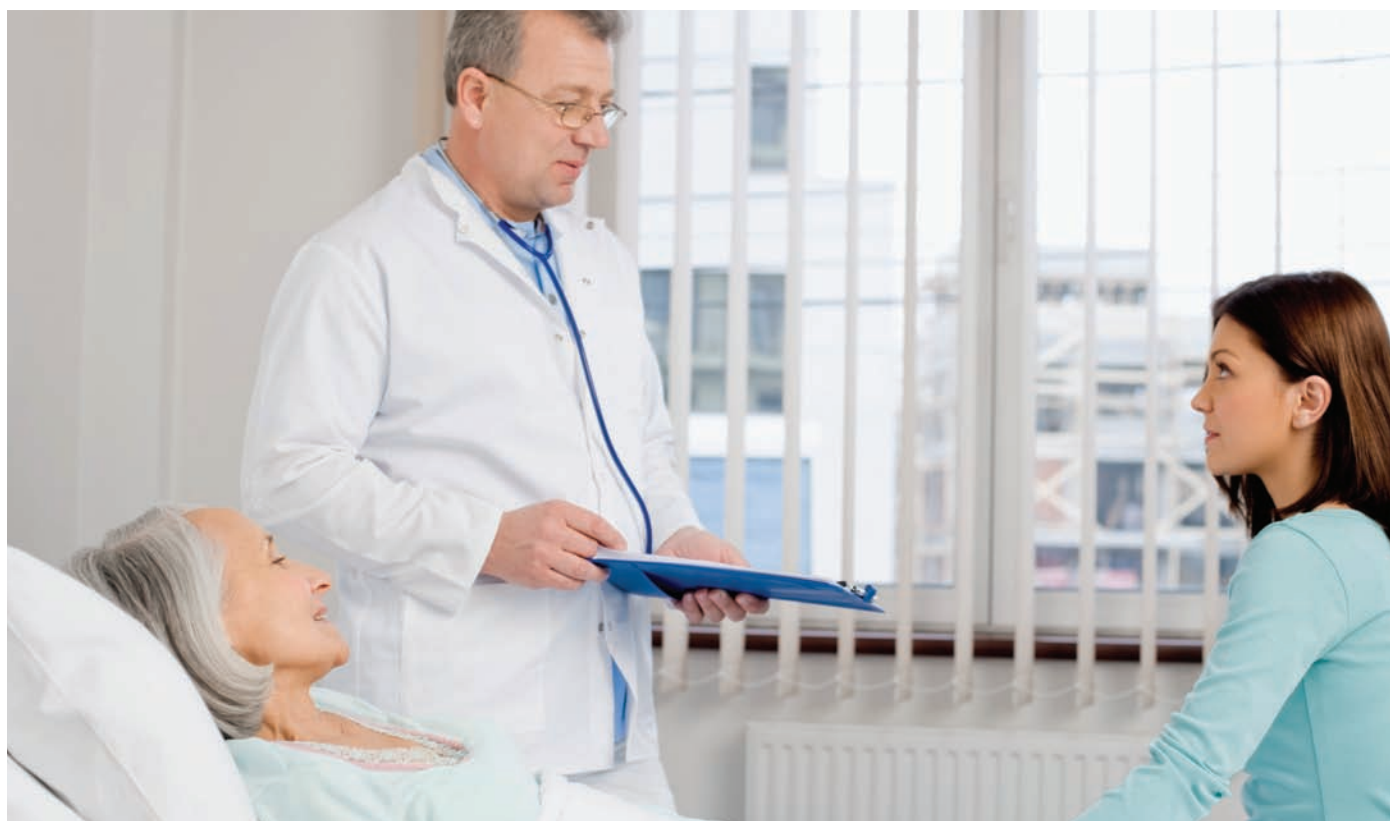


LIVING-DONOR KIDNEY TRANSPLANTATION



Currently, more than 85,000 patients await a kidney transplant in the United States. As the number of patients with end-stage renal disease continues to grow, the number of organs available for transplantation has not kept up with the increased demand. Living-donor kidney transplantation provides a way for patients to overcome the limitations of the waiting list, with improved outcomes compared with deceased-donor kidneys. While the typical wait for a deceased-donor kidney transplant ranges from two to six years, a living-donor transplant can usually be performed within a few months.

UPMC offers patients one of the nation's most experienced teams dedicated to living-donor kidney transplantation.

Who is a Good Candidate to be a Living Donor?

A living donor should be 18 years of age or older, not pregnant at the time of donation, be in good health and have a blood type compatible with the recipient's.

The donor's sole reason for donating must be an unselfish wish to help the recipient. Individuals interested in becoming kidney donors should come forward to be evaluated.

Advantages for Recipients

Living-donor kidney transplantation consistently improves both graft survival and patient survival compared with deceased-donor transplantation. Other advantages include:

- a lower incidence of complication rates
- less delayed graft function
- shorter hospital stay
- better graft function
- elimination of waiting time
- decreased cold ischemia injury
- improved immunologic matching
- expansion of the donor pool

(continued)

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Advantages for Donors

The UPMC Living-Donor Transplant Team is a group of clinicians dedicated to the health and well-being of potential living donors. The Starzl Transplant Institute supports living donors with education and guidance, explaining the risks and benefits of the surgical procedure, protecting their rights and privacy, and ensuring complete confidentiality.

The UPMC Living-Donor Transplant Team consists of:

- nephrologist
- transplant surgeon
- transplant coordinator
- social worker
- psychiatrist
- independent living donor advocate

These clinicians will educate potential living donors about the procedure and determine whether donation is his or her best decision option. This team is an advocate solely for living donors and acts completely independently of the needs of transplant recipients.

The significant expansion of UPMC's living-donor program has allowed UPMC specialists to provide patients on the wait-list with the option of living-donor transplantation in the midst of a donor organ shortage. There are many advantages for live donors: less pain, shorter recovery times, and the knowledge that their donation is more likely to prolong the recipient's life than a deceased-donor kidney. All are powerful motivators for those inclined to donate.

In addition to making donation safer and less painful, UPMC's transplant specialists have made each donor's contribution more likely to be successful. Our living donors experience favorable outcomes and very low incidences of complications.

When is it Appropriate to Refer Patients for a Living-Donor Kidney Transplant?

Early referral for a living-donor kidney transplant is key. It allows our dedicated team to provide comprehensive assessments and determine if living-donor kidney transplant is an option. With this option, the recipient can avoid dialysis altogether.

Partnering For Life

We take pride in keeping the lines of communication open with patients, families, and referring physicians regarding status, procedures, treatments, and follow-up care. Although transplantation is a complex, serious procedure, we maintain a personal, patient-focused approach that takes into consideration the stress and concerns many individuals' experience. As part of this commitment, the living-donor team provides patient support throughout the evaluation, operation, and recovery period.

To ensure optimal continuity of patient care, the UPMC living-donor transplant team pursues a collaborative approach with referring physicians. UPMC's transplant surgeons and physicians are available for consults 24 hours a day, seven days a week. After discharge from the hospital, living donors have their initial postoperative appointment with the transplant surgeon one to two weeks after the surgery. Throughout the transplant process, a member of the transplant team will continually update the referring physician about the patient's progress. This partnership begins at the time of referral and continues throughout the patient's stay in the hospital and long after they are discharged. After transplant, our patients receive postoperative follow-up from our dedicated living-donor kidney transplantation team and return at six months, one year, and two years for well-visits.

Contact

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1-800-544-2500
Fax: **412-647-5070**
E-mail: **transplant@upmc.edu**