Our Goals for Today

- Introduce you to the Living Kidney Donors Network.
- Provide you with an Overview of Living Donation
- Help you develop a Kidney Kampaign to communicate your need.

Disclaimer
The information provided by the Living Kidney Donors Network should be used as a resource only and is not intended to be used as medical advice. Although every reasonable effort is made to present current and accurate information no guarantees of any kind to its accuracy is made. Any links to Web sites are provided as a courtesy. They should not be construed as an endorsement by the Living Kidney Donors Network of their accuracy, content or views.

Section 1: Knowing the Basics
Knowledge Builds Confidence

- ALL Organs - 124,000 people
- Kidneys – 102,000 people
- Kidney Dialysis Patients – 400,000+
- Not All Waiting Lists are Equal

Transplant Waiting List

Kidney Transplants 2013 – 16,895

- Deceased Donor Transplant - 11,163
- Living Donor Transplants – 5,732

Decreased Kidney Transplants lower in 4 of last 9 Years
Living Donations lower in 7 of last 9 Years

Benefits:
- Short & Long Term Survival Rates
- Know Your Donor & Their Health History
- New Kidney Functions Immediately
- Avoid Being on Dialysis...Pre-emptive Transplant
- Cost Savings for Medicare and Private Insurance
Donor/Recipient Evaluation

- Age Requirement
- No National Health Standard
- How Many Donors at One Time
- How Long Does the Evaluation Take?
- How are Out of Towner’s Evaluated

Donor Evaluation and Potential Risks

- First Do No Harm
- Anticipated and Unanticipated Surgical Complications
- Patient Pain, Fatigue, or Discomfort
- Long Term Risks - High blood pressure, loss of kidney function and unforeseen complications
- Donor Follow Up

Donor Insurance etc.

- Many hospitals require insurance for donor
- You can purchase a catastrophic policy
- Donors Future for Health Insurance & Life Insurance

What about Matching?

Isn’t it difficult to find a Match?
- Suitable and Compatible
  - PRA: Panel Reactive Antibodies (Sensitized)
  - Cross Matching
- HLA - Human Leukocyte Antigen / Tissue Typing (Traditionally Known as Matching)

Transplanted Kidneys Expected Lifespan

- Kidney Transplants: The point in time when exactly 50% of kidneys are still functioning

Blood Type Compatibility

<table>
<thead>
<tr>
<th>Donor Blood Type</th>
<th>Can Donate to Recipient Blood Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>O (45%)</td>
<td>A, B, AB, O</td>
</tr>
<tr>
<td>A (40%)</td>
<td>A or AB (O)</td>
</tr>
<tr>
<td>B (11%)</td>
<td>B or AB</td>
</tr>
<tr>
<td>AB (4%)</td>
<td>AB</td>
</tr>
</tbody>
</table>

Blood Type O is the Universal Donor
Blood Type AB is the Universal Recipient
\* & - Are Not a Factor

Living Donor Transplant Options

- Related (2002 – 77% vs. 2012 – 53%)
- Non Related
  - Kidney Paired Donation (Swaps or Chains)

Kidney Paired Donation

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- Non Related
- Kidney Paired Donation (Swaps or Chains)
- Non Directed Donor
- Domino Paired Kidney Exchange

Living Donor Transplant Options
Domino Paired Kidney Exchange

8 Way Domino Paired Kidney Exchange

Living Donor Transplant Options

- Related (2003 – 77% vs. 2013 – 53%)
- Non Related
- Kidney Paired Donation (Swaps or Chains)
- Non Directed Donor (NDD)
- Domino Paired Kidney Exchange
- Ongoing, Chains, Never Ending KPD’s

Ongoing Donor Chains

Living Donor Transplant Options

- Related (2002 – 77% vs. 2012 – 53%)
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- Kidney Paired Donation (Swaps or Chains)
- Non Directed Donor (NDD)
- Domino Paired Kidney Exchange
- Ongoing, Chains, Never Ending KPD’s
- Compatible Pared Exchanges

Paired Exchange Conundrum

More Info

- I Have a Donor!
- Changes in the Deceased Donor List
- Donor & Medical Advocates
- Dental Health
- Paying Donors to Donate?
- Reimbursing Donors

Paired Exchange Conundrum

National Foundation for Transplants

- Financial Assistance Through Fundraising and Grants
- Fundraising Training and Guidance
- Receive a Personal Page on the NFT Website
- www.transplants.org or (800) 489-3863

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Alphabet Soup

Don’t be intimidated by Doctors and Nurses

- ABO – Your Blood Type
- SCD – Standard Criteria Donors
- ECD – Extended Criteria Donors
- DCD – Donation After Cardiac Death
- HLA – Human Leukocyte Antigens
- PRA – Panel Reactive Antibodies
- DJN – Don’t Just Nod

Power and Importance of Communication

Developing Your Kidney Kampaign

We’ll Review:

- Concerns.....Overcoming Them.
- How to tell “Your Story”.....Preparation
- How Advocates can tell Your Story
- “Elevator Speeches”
- Social Media, Networking, Meeting New People

Your Kidney Kampaign

How Do I Ask Someone to Donate?

Developing a Strategy:

- Not asking anyone to Donate: “Tell Your Story”
- Learn about Living Donation and Your Condition
- Send out regular updates to Friends and Family
- Similar to Looking for a job

Your Advocate(s)

Advocate: Supporter that appeals on your behalf.

- Educate your advocate(s). Share material.
- Some can be more direct with people.
- Keep them up to date on your progress, medical, personal, monthly emails with info and articles, etc.
- The Best Advocate is...

Handout/Flyer/Business Cards

NDD CAMPAIGN

LKDN & NDD Campaign

- Educating the Public about Living & NDD
- Fraternal Organizations - Rotary, Kiwanis, Chambers of Commerce etc.
- Religious Organizations
**How to Educate Others**

People want to help – share your story and be visible. Consider:
- Newspapers, TV and radio stations [List online]
- Schools, Churches, Reunions
- When Someone Asks... What Could I Do To Help...
- Letters to the Editor
- Facebook, email, blogs, Twitter... etc.

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**Sample Scenario**

You are at a party in a friend's house and you see someone you know - but you have not spoken to recently and is probably unaware of your situation.

How would you let this person know about your need for a transplant?

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**Being Lucky!**

“Luck Happens When Preparation Meets Opportunity”

Seneo, a Roman philosopher

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**Practice**

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**Be Creative:**

- Write out your story
- www.Google.com/alerts
- www.LKDN.org/Attachments.html
- Craigslist, Matchingdonors.com Konnectology.com
- T-Shirts, Flyers, Signs, Billboards, Penny Saver
- Get Creative...

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**Creating Your “Elevator Speech”**

- You have 1 - 2 minutes to convey your message
- Preparation
- If they want more information, go further
Supporting Documents

- www.LKDN.org/webinar
- Evaluation Form
- Links are at the bottom of page
  - Copy of this Presentation
  - Articles of Interest
  - Other Documents Referenced
- LKDN FB, Newsletter, Tuesdays with... updates
- LKDN "Get-Togethers"

Review

Top Five Take Aways:
- Learn as Much as you can about Living Donation
- The Waiting List is NOT the only Option
- Donor Matching has Changed - It's become easier
- Kidney Paired Donations – Incompatible Donors
- Social Media Letting People Know about Your Condition

Keys to Success

- Staying Motivated
- Building Knowledge
- Continue to Reach Out

Closing

- Q & A?
- Let us know how we can help you

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