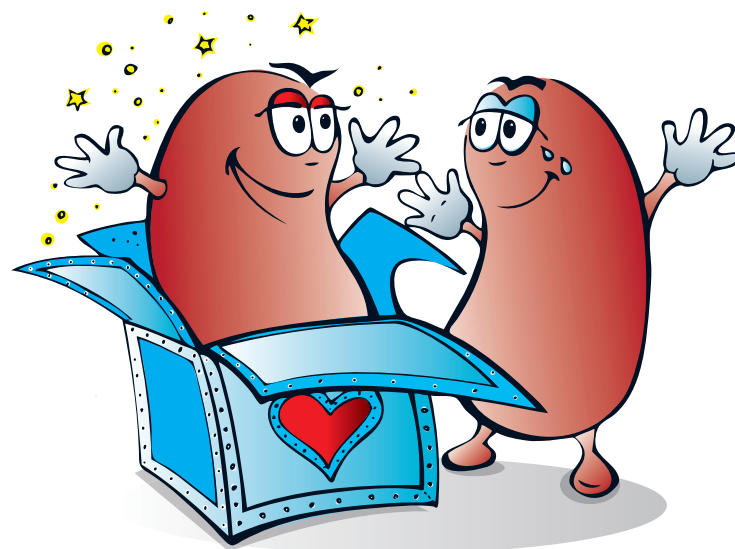


www.worldkidneyday.org



Amazing Kidneys!

Donate Kidneys for Life Receive



World Kidney Day is an initiative of the International Society of Nephrology
and the International Federation of Kidney Foundations



Where possible, kidney transplantation may be the best treatment option allowing a person with kidney failure to regain their previous quality of life and achieve a level of functioning health great enough to remain productive in school, work, and other activities.

WHAT IS KIDNEY TRANSPLANTATION?

Kidney transplantation is the replacement of failed kidneys with a healthy kidney given to you by a donor. The newly placed, healthy kidney takes over the functions of the non-working kidneys. You can live normally with only one kidney as long as it is functioning properly. A successful kidney transplant is a more effective treatment for kidney failure than dialysis because of the quality of life, health and freedom that it allows - a 'good' transplant provides about 50% of the function of two normal kidneys - compared with only about 5% function from dialysis). However, unfortunately not everyone is suitable for transplantation, nor is a suitable donor kidney always easy to find.

WHERE DO DONATED KIDNEYS COME FROM?

Most donated kidneys come from people who have died, called 'deceased donors' and are given with the permission of the donor's family. This procedure is handled with the utmost respect by experienced teams of transplant specialists. It is important to realise that after someone has died, the donation of their organs for the purpose of saving other lives is an enormous gift and can be of consolation to the family after the loss of their own loved one. Most countries have organ donation registries where you can find out more about this decision.

WHAT IS LIVING DONATION?

Living donation takes place when a living person donates an organ for transplantation to another person. A kidney from a living donor usually functions immediately, making it easier to monitor and giving good success rates. The living donor is most often a family member, such as a parent, a child or a sibling. This kind of donation between 'blood relatives' - family members who are genetically similar - is desirable because a better genetic match lessens the risk of rejection. However, in some cases, living donation may even come from a stranger - called altruistic donation.

HOW CAN I BECOME A TRANSPLANT RECIPIENT?

If you have end-stage kidney failure and are considered eligible for a transplant, every effort will be made to find a donor amongst your family (a good genetic match) or friends. If no suitable donor can be found, your name will be added to the waiting list for a donor kidney. This registry is linked to the organ donation network - a centralised database of everyone waiting for a transplant and of donors,

administered on a country-wide or regional basis. Every new kidney that becomes available on the registry is tested and checked against this list to find the most perfect match for it. Again, most countries have organ donation registries where you can find out more about these programmes.

WHAT CAN I EXPECT AFTER MY TRANSPLANT?

The success rates of kidney transplant surgery have improved enormously since the first transplantations were performed in the 1950s, yet, your body's immune system rejecting the newly transplanted kidney is still a risk, so you will have to be prepared to take anti-rejection drugs for the rest of your life to prevent this. Drugs called immunosuppressants help keep your immune system from attacking your new kidney. Additional drugs help reduce the risk of other complications, such as infection, after your transplant. In spite of all this, people who have had a transplant generally feel that it is worth all the effort to get the new quality of life they enjoy with their transplant.

IT SOUNDS GOOD, SO WHY DOESN'T EVERYONE WHO NEEDS A NEW KIDNEY, GET ONE?

Unfortunately not everyone with end-stage kidney disease is a suitable candidate for transplantation - much depends on your medical history, health status, age and personal situation, and this must be evaluated by the transplant specialist. The other key issue is the problem of supply and demand. In the USA, for example, more than 80,000 people are on the official waiting list for a kidney. But Last year, only 16,000 received transplants: 10,000 from deceased donors allocated through the list, and 6,000 from family members or living donors. More than 4,000 on the list, or about 11 a day, died waiting. And the list gets longer every year.

HOW CAN I HELP?

Join the 2012 World Kidney Day campaign which is aimed at increasing public awareness of the necessity of maintaining good kidney health, and in the absence of it, how transplantation has advanced and may be a solution where possible. In addition, learning more about organ donation will help you make an informed decision about this important issue. Our kidneys are essential for life - so make a pledge to keep your kidneys healthy, because Kidneys are for Life.