



LIVING KIDNEY DONATION



THE MICHIGAN DIFFERENCE®

Why Living Donation?

As of May 2011, there were close to 2,500 individuals on the waiting list for a kidney transplant in the state of Michigan and more than 111,000 in the nation, according to the United Network of Organ Sharing (UNOS), www.unos.org. Due to the length of the kidney waiting list and the short supply of deceased donor organs, the waiting period for a deceased donor kidney can be several years. Therefore, having a live donor can decrease a patient's waiting time for a kidney transplant.

Other advantages to a living donor transplant include:

- The recipient receives the transplant much sooner and can avoid years of waiting on dialysis for a transplant from a deceased donor
- Better short-term and long-term outcomes as living donor kidneys usually last longer
- Surgery is scheduled making it more convenient for patients and their families
- More complete medical testing is possible with living donors, which helps to provide the highest quality kidneys for transplant
- The recipient receives the kidney immediately after the donor surgery, which helps preserve kidney function and reduce complications

WHO IS A GOOD DONOR?

Donors do not need to be related to the recipient, although they often are related. They can be friends, coworkers, members of the same church or other organization, or any other type of relationship. While many people are willing to be living donors, not everyone has the qualities necessary to participate in living donation. Donors must be chosen carefully in order to avoid unwanted medical or psychological outcomes.

While the individual circumstances of each potential donor are considered and testing must be done to determine compatibility, all potential donors must be:

- genuinely willing to donate
- physically fit
- in good general health
- free from diabetes, cancer, kidney disease and heart disease

Individuals considered for living donation are usually between 18 and 65 years of age. Gender and race are not factors in determining a successful match. Hypertensive donors over the age of 50 may be eligible under certain conditions.

WHAT ARE THE STEPS TO DONATE A KIDNEY?

1. Contact the Transplant Center

Individuals who wish to be considered to donate a kidney must contact the Living Kidney Donation program at 734-615-1827 to indicate their interest in donation; the office cannot initiate contact with potential donors until they declare their interest. Potential donors will speak with a member of the living donor team who will begin the process by asking questions that include demographic information, personal and family general health history, medications and social history.

2. Blood Type Matching

Potential living donors are expected to provide documentation of their ABO blood type.

3. Tissue Typing

Potential donors who are deemed to be ABO compatible and medically appropriate will need to have blood drawn for tissue typing. If the donor and recipient are not compatible, they may be eligible for our paired donation program. The paired kidney donation program is offered to patients who have donors that do not match their blood type or who cannot accept a kidney from a donor because there is a strong chance they would reject the kidney. The patient and donor are then paired with other patients and donors to find matches.

4. Pre-Donation Evaluation

Potential donors identified to move forward in the process will be given an appointment in the Kidney Evaluation Clinic. During this appointment the potential donor will be assessed by a nephrologist, a transplant surgeon and a social worker. Many times all the testing can be accomplished on the day of evaluation.



Required testing for donor screening includes:

- A complete history and physical exam to evaluate for any medical issues that may make donation unwise
- Blood studies will include blood chemistries, blood counts, blood type, immune system function and tests for certain infectious diseases
- Chest X-ray
- EKG of the heart
- Additional testing may be necessary depending on individual medical history
- If on the day of evaluation a person is considered to be an excellent candidate to donate a kidney, a spiral computerized tomography (CT) scan will be scheduled. Often this can be scheduled the same day as the evaluation
- Other testing as deemed necessary

The results of these evaluations are held confidential; not even the recipient is told about this information. The donor is free to withdraw at any time during the donation work-up and is not obligated to donate.

WHAT ARE THE RISKS FOR A LIVING DONOR?

While the risk to the donor is minimal, especially if the procedure is done laparoscopically, there are risks associated with the surgical procedure such as bleeding or infection. Research suggests that the long-term medical risks of having only one remaining kidney are low.

WHAT ARE THE COSTS TO THE DONOR?

Living donors are not responsible for the cost of their donation work-up, hospitalization or the costs of complications. These services are covered by the transplant center. Donors will be responsible for their lost wages, cost of travel to and from the hospital for pre-transplant, admission and post-transplant procedures. Most medical insurers do not reimburse for these items. The National Living Donor Assistance Program may help with travel expenses for donors who qualify based on financial need. Donors will need to complete paperwork and provide financial statements to assess the financial need for funds.

LIVING DONOR MENTOR PROGRAM

The Living Donor Mentor Program links people who have already donated an organ with those who are considering living donation. A mentor can be a valuable source of support, encouragement and information. Mentors have various backgrounds which allow potential donors to be matched to a mentor best suited to them.

FURTHER RESOURCES

U-M Health System — www.uofmhealth.org

U-M Transplant Center — www.michigantransplant.org

National Kidney Foundation — www.kidney.org

Gift of Life Michigan — www.giftoflifemichigan.org



THE MICHIGAN DIFFERENCE IN TRANSPLANTATION

The University of Michigan Transplant Center has been a leader in transplantation since 1964. Major advances including laparoscopic kidney-donor surgery, paired-exchange living-donor transplants, desensitization and a donor mentoring program have occurred at the U-M Transplant Center. The kidney transplant team has performed more than 5,200 kidney transplants including more than 2,200 living-donor transplants.

The University of Michigan Transplant Center is committed to cutting edge research that will benefit today's patient and patients of the future. We are dedicated to:

- Providing outstanding multi-disciplinary and integrated clinical care through the full continuum of progressive organ failure and transplantation
- Fostering fundamental scientific discovery and innovative translational research in transplantation
- Developing future physician and scientific leaders in transplantation, and build referral base capability to manage patient populations
- Providing public policy leadership related to organ donation, progressive organ failure and disease prevention



University of Michigan Transplant Center

3868 Taubman Center
1500 E. Medical Center Dr., SPC 5391
Ann Arbor, MI 48109-5391

Living Kidney Donation Direct: 734-615-1827
U-M Transplant Center Toll-Free: 800-333-9013

www.michigantransplant.org

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