

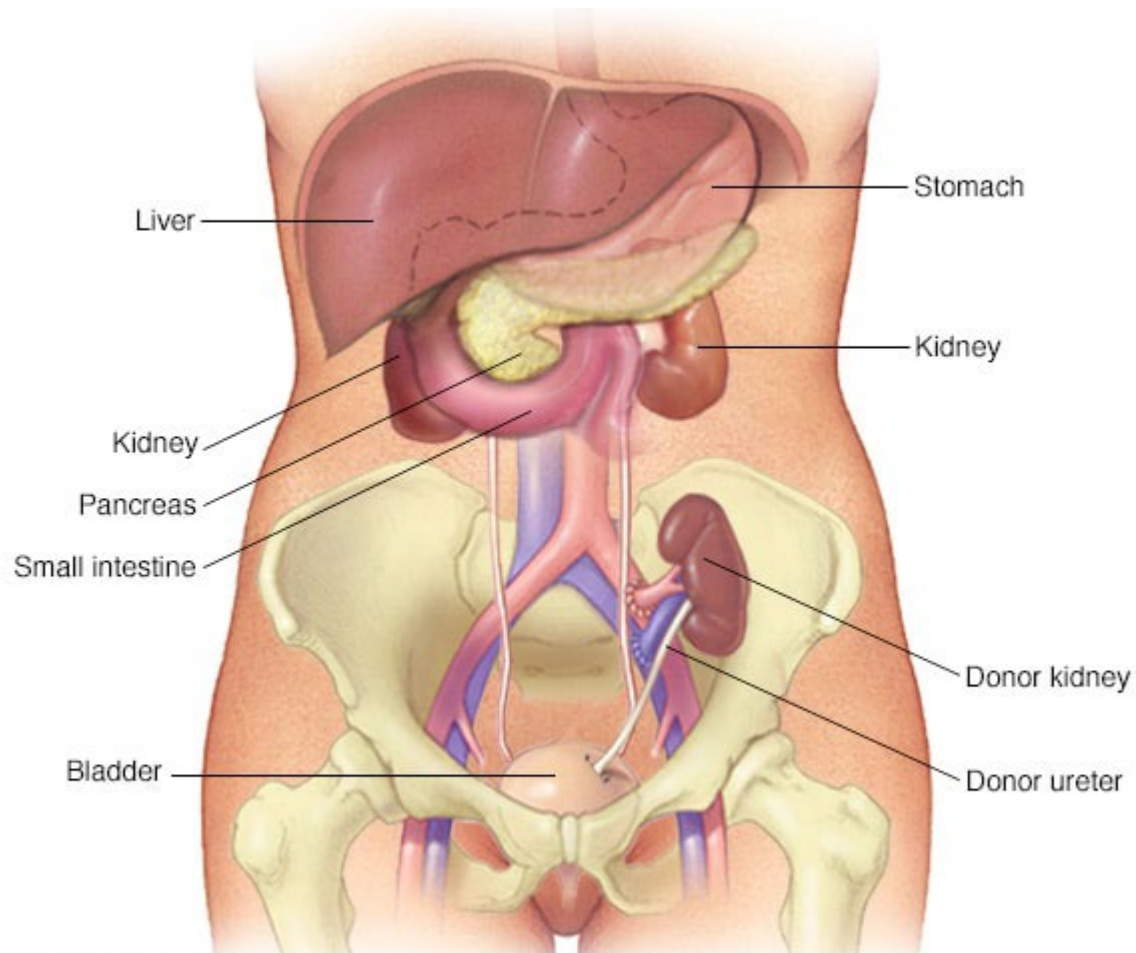


# 14 Questions You Need To Ask About Transplant



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# Q1: What is kidney transplant?



It is a procedure where a failing kidney is replaced by a working kidney.

The kidney can come from a deceased person or from a healthy living person.

## Q2: Am I the right candidate?



The answer depends on your medical and surgical history.



It is best discussed with your Nephrologist to ascertain whether transplant or dialysis is the best option for you.

# Q3: I am doing well on dialysis, why bother with a kidney transplant?

Most people with a transplanted kidney live longer than those who remain on dialysis.

A kidney from a living donor could function for 15 years, and 10 years from a deceased donor.

Some kidneys can function for more than 30 years if you follow up with your Nephrologist regularly and take your medications as prescribed.

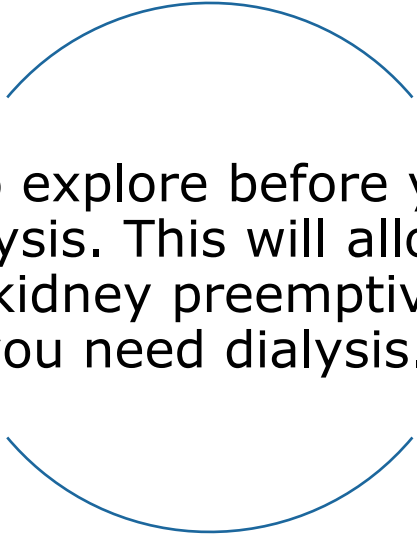
# Q4: Am I too old or too sick for a transplant?

There is no standard age limit to be transplanted, each transplant program sets its own.

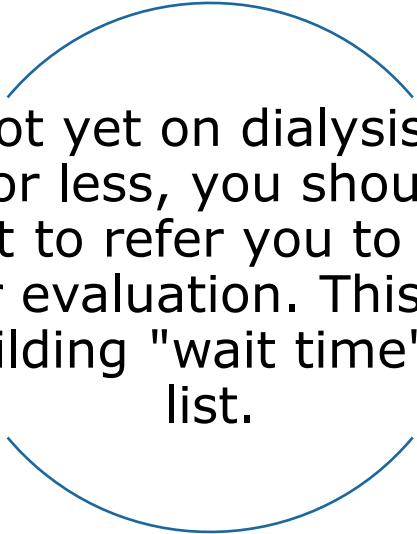
Health issues that may keep you from having surgery or taking long-term medication may be reasons not to list you.

In some cases, even if a transplant program doesn't accept you immediately for a transplant, it may reconsider you later if your condition improves.

# Q5: When's the best time to start thinking about transplant?



It is best to explore before you need to start dialysis. This will allow you to receive a kidney preemptively before you need dialysis.



If you are not yet on dialysis and have a GFR of 20 or less, you should ask your Nephrologist to refer you to a transplant center for evaluation. This way, you can start building "wait time" on the wait list.

# Q6: I am interested in transplant, what's next?


Your Nephrologist will refer you to a transplant center to see if you are healthy enough for a kidney transplant.



The transplant center will schedule a visit for you to meet the evaluating medical team, and provide educational classes

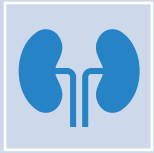


After a thorough evaluation and testing that can take months, a team of doctors decides if you're a good candidate for the operation.



The team will then add you to the United Network for Organ Sharing (UNOS) waitlist to receive a kidney.

# Q7: What is a waitlist?



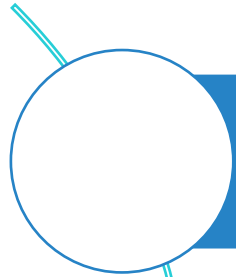
It is a list of candidates registered to receive organ transplants.



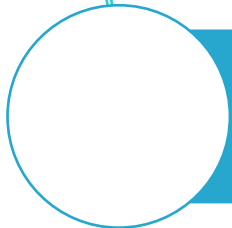
The United Network for Organ Sharing (UNOS) manages the list of all the people across the US waiting for an organ transplant.



# Q8: How does the waitlist work?



Kidney matches are made based on distance between donor and recipient, genetic compatibility, time spent waiting (from the time that you started dialysis), blood type, etc.



In 2014, matching based on the age of the donor and recipient was added. This is called longevity matching.



Priority is given to patients who are hard to match because of having high levels of antibodies due to certain conditions.

# Q9: What is longevity matching?

- KDPI is a measure of kidney function. It ranges from zero to 100.



A high KDPI is expected to last for a shorter time than most other donated kidneys.



A low KDPI means that the kidney is expected to function longer than most other donated kidneys.

Kidneys with a low KDPI are first offered to candidates who are expected to benefit the longest with a kidney transplant.

- KDPI Calculator
- <https://optn.transplant.hrsa.gov/data/allocation-calculators/kdpi-calculator/learn-about-kdpi/>



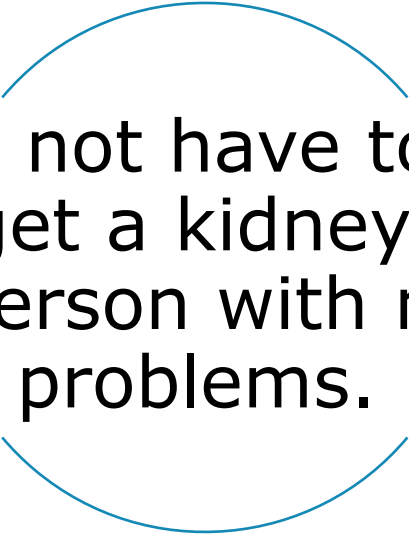
# Q10: What is the average wait time for a kidney transplant?

Once you are added to the national organ transplant waiting list, you may receive an organ quickly or you may wait many years.

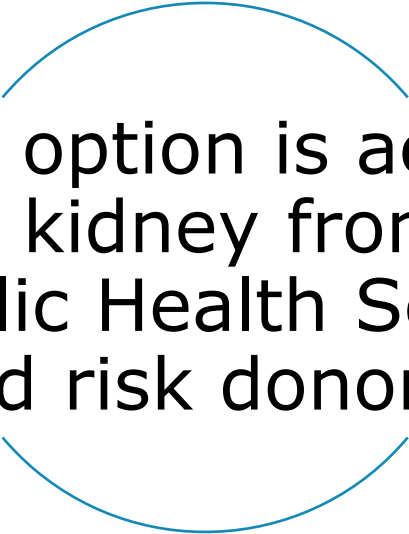
In general, the average time frame for waiting can be 3-5 years at most centers.



# Q11: Is there anything I can do to get transplanted faster?



You may not have to wait as long to get a kidney from an older person with medical problems.



Another option is accepting a kidney from a Public Health Service increased risk donor (PHS).

# Q12: What is a Public Health Service increased risk donor (PHS).



Donors that carry a very small risk of exposure to viruses such as hepatitis B, hepatitis C and HIV.



PHS increased risk kidneys are now commonly transplanted with excellent outcomes.



In the extremely rare event that you get infected, these infections can be treated with recent advances in medicine.

# Q13: Can I be listed at multiple transplant centers?



Yes, it is possible to list at multiple transplant centers.



It is also possible to list at transplant centers in different states.

# Q14: Who pays for the transplant?



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Your transplant team can help you determine what costs you may have to pay based on your insurance.

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If you have Medicare coverage, the costs of receiving a transplant will mostly be covered. Medicare Part B will also cover 80% of the cost of immunosuppressant medications.

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If you have health insurance from your employer or other private health insurance, most policies cover many costs related to kidney transplants, including medicines.

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