

LIVING KIDNEY DONATION

INVOLVES A SURGERY TO REMOVE THE KIDNEY FROM A LIVING DONOR.

THE KIDNEY IS THEN TRANSPLANTED INTO A PATIENT WHO NEEDS A KIDNEY TRANSPLANT - THE TRANSPLANT CANDIDATE.

ONCE A PERSON HAS RECEIVED A KIDNEY TRANSPLANT, THEY ARE KNOWN AS A TRANSPLANT RECIPIENT.

Canadian Blood Services is a national, not-for-profit charitable organization that provides national leadership for organ and tissue donation and transplantation.

Canadian Blood Services is responsible for managing the Kidney Paired Donation Program, and operates the Canadian Transplant Registry. In addition, Canadian Blood Services manages the supply of blood and blood products in all provinces and territories outside of Quebec. We also oversee the OneMatch Stem Cell and Marrow Network, Canada's network of stem cell donors.

www.blood.ca/living-donation



Canadian Blood Services
it's in you to give

1000106647 2017-09-21

WHAT IS LIVING KIDNEY DONATION?




Canadian Blood Services
it's in you to give

ALTHOUGH MOST PEOPLE ARE FAMILIAR WITH ORGAN DONATION OCCURRING AFTER SOMEONE HAS DIED, IT IS ALSO POSSIBLE FOR A HEALTHY LIVING PERSON TO DONATE A KIDNEY. THIS IS KNOWN AS **LIVING KIDNEY DONATION.**



WHY IS KIDNEY TRANSPLANTATION NEEDED?

Normally everyone is born with two kidneys although a person can live a healthy life with just one. The kidney removes waste from the blood and controls the levels of salt and fluid in the body.

Sometimes an injury or a disease, such as high blood pressure or diabetes, can cause the kidneys to fail. Some kidney diseases can get bad enough that the kidneys can no longer clean the blood properly. If this happens, it is known as end stage kidney disease because the kidneys are near the end of their ability to work properly. When the kidneys stop working well enough for someone to survive without help, the person will need a kidney transplant or to go on dialysis. Dialysis is a process that uses a machine instead of a kidney to remove the waste from the blood.

WHAT ARE THE ADVANTAGES OF LIVING KIDNEY DONATION?

- For those who are eligible for a kidney transplant, living donor kidney transplantation is the best treatment for end stage kidney disease.

- Kidney transplants from living donors last longer, on average, than kidneys from deceased donors. At 5-years after receiving their transplant, 89% of transplant recipients will still have a functioning kidney if it came from a living donor as compared to only 84% that will still have a functioning kidney transplant if it came from a deceased donor.
- Patients with end stage kidney disease often wait many years for a kidney transplant from a deceased donor. Having a living kidney donor may decrease this wait time for the patient.
- Living donation helps other transplant candidates on the transplant waitlist. When someone receives a transplant from a living donor, he or she is removed from the wait list. There is then one less patient waiting for a deceased kidney donation.
- Some transplant candidates will be able to receive a living donor kidney transplant without having to begin dialysis.
- The donation and transplant surgeries can be planned when both the potential donor and the transplant candidate are in the best possible health.



- Many people who have donated a kidney say that helping to improve the health of someone in need is a very positive personal experience.

CAN ANYONE DONATE A KIDNEY?

Any healthy adult can be considered for living kidney donation. Blood tests will first determine whether the donor is a potential match for the transplant candidate. If they are a match, the potential donor and candidate are called a compatible pair.

Additional tests will then make sure that both are medically able to undergo the surgeries. Only then can a transplant be approved. Potential living donors can be family members, friends, neighbours, or acquaintances of the transplant candidate – anyone that is willing to donate. Potential donors do not have to be the same age, sex or race as the transplant candidate.

The tests required to complete the living donor evaluation are to ensure that the potential donor is healthy



enough to give up a kidney and to undergo surgery. These tests will require day time medical appointments. After donation, the donor is expected to keep in good health by seeking regular health care with their doctor or local donation program. Information on long term health risks associated with living kidney donation can be found at www.blood.ca.

If the blood tests indicate that the transplant candidate and potential donor do not match, they are called an incompatible pair. This means that the donor's blood type is not compatible with the recipient's blood type or the recipient has proteins in his or her blood (known as antibodies) that will reject that donor's kidney.

Potential donors who are not compatible with their intended transplant candidate but are medically eligible for donation can participate with their candidate in the Kidney Paired Donation program. A brochure explaining this program can be found at www.blood.ca.

TYPES OF LIVING DONATIONS

Directed Donation This is when a potential donor knows a transplant candidate they want to donate to. Directed donors can be biologically-related (parents, children, siblings, grandparents) or unrelated (e.g., spouse, friend, co-worker)

Non-directed Anonymous Donation (NDAD) Some people offer to donate a kidney to anyone in need of a kidney transplant. An NDAD can help one person by donating a kidney to someone on the wait list. Or, they can help several people by participating in the Kidney Paired Donation (KPD) Program. In this program, the NDAD would start a chain of donor exchanges that help multiple people in the KPD Program plus one person on the transplant waitlist. Your living donation



program can provide you with a brochure with more information about the Kidney Paired Donation Program or you can find the brochure on the internet at www.blood.ca.

HOW DO YOU START THE LIVING DONATION PROCESS?

If you know a person you would like to help, talk to them. Or, you can talk to someone at one of the many Living Donation Programs in Canada. If you would like to be a non-directed anonymous donor, contact your local living donation centre. You can find contact information for the Living Donation Programs in Canada at www.blood.ca.