

March 2024

UI HEALTH CARE ORGAN TRANSPLANT CENTER

March is National Kidney Month. 850 million people worldwide have kidney disease – on average this means one in nine people. Often those with chronic kidney disease (CKD) are not aware that they have it because it does not always show symptoms at the beginning. Kidney dysfunction that lasts longer than three months is usually permanent. Early detection and appropriate treatment can slow down or even stop the progression of CKD. World Kidney Day is on March 9 with the goal of raising awareness of kidney health and how to live a long, healthy life. A simple way you can commemorate World Kidney Day is by wearing orange on March 9th!

National Kidney Month

Kidneys are very important in the healthy functioning of your body. Kidneys filter waste and balance minerals in our blood, keep bones healthy, and regulate blood pressure. When your kidneys are not functioning properly, it can be very difficult to complete even the simplest of tasks.

Common risk factors for CKD are diabetes, high blood pressure, family history, and obesity. CKD often does not show symptoms right away. Regular screening is strongly encouraged and highly beneficial to maintain up-to-date information on your kidney function and what changes may have occurred.

People living with CKD should try to have the best possible health. It is important that you talk with your care team about ways to maintain optimal health and strengthen what you feel has a positive impact on your quality of life. This can include things such as relationships, hobbies/interests, personal independence, mental health, and employment.

What can I do for my kidney health?

1. Drink plenty of fluids and eat a healthy diet.
2. Keep active and don't smoke.
3. Work with your care team to control your blood sugar and blood pressure.

A brief history of transplant

- 1954:** First successful living donor kidney transplant
- 1962:** First successful deceased donor kidney transplant
- 1966:** First successful kidney/pancreas transplant
- 1967:** First successful liver transplant
- 1968:** First successful pancreas transplant
- 1968:** First successful heart transplant
- 1981:** First successful heart/lung transplant
- 1983:** First successful single lung transplant
- 1983:** Cyclosporine introduced (treats organ rejection by suppressing the immune system)
- 1986:** First successful double lung transplant
- 1988:** First successful intestine transplant
- 1989:** First successful living donor liver transplant
- 1990:** First successful living donor lung transplant
- 1992:** Donate Life America was founded
- 1999:** First successful hand transplant
- 2001:** There were more living organ donors (6,528) than deceased donors (6,081)
- 2010:** First successful face transplant
- 2017:** The first time of over 10,000 deceased donors
- 2020:** More than 33,000 deceased donor transplants
- 2021:** Over 40,000 transplants in one year in the US
- 2022:** A total of 1 million transplants have been performed in the U.S. – more than any other country!

ADDITIONAL INFORMATION

This section of our monthly newsletter will focus on support and resources offered both by the Organ Transplant Center and throughout the nation. Please utilize these as you need them and reach out with any questions!

Kidney Line: (319) 356-1136

Liver Line: (319) 356-1137

Medicare and Transplant

Medicare eligibility is based on age, disability, or ESRD. Kidney transplant is an exception to Medicare enrollment. All other organ transplants will need to have Medicare at time of transplant. There is a 1-year enrollment window for Medicare from date of transplant. Delaying enrollment can increase chances of higher out-of-pocket expenses for anti-rejection medication. Medicare Advantage plans cover anti-rejection medications, and out-of-pocket expenses are subject to plan.

* For further questions or coverage changes, please contact the Organ Transplant Center Financial Counselors.

Video Resources

The Organ Transplant Center has put together videos to better explain the transplant evaluation process and provide additional patient education. Please click the links below to access these videos.

- [Kidney Transplant - Patient Education Videos](#)
- [Liver Transplant - Patient Education Videos](#)
- [Pancreas Transplant - Patient Education Videos](#)

Organ Transplant Support Group

Starting in February 2024, the UI Organ Transplant Center will begin having our support group every other month. The support group will also be a hybrid version – both in-person and by Zoom. Each group will be focused on a specific topic, with speakers followed by time for discussion. If you have any questions, please contact (319) 467-8385.

Location:

Iowa Donor Network
550 Madison Avenue
North Liberty, IA 52317

Date:

April 11, 2024
Speaker – a donor family

Zoom Information:

Meeting ID: 919 3934 1704
Passcode: 601127

Additional Resources

Social Security Disability

- [Adult Disability Starter Kit](#)
- [SSI Child Disability Starter Kit](#)

National Living Donor Assistance Center (NLDAC):
[How to Apply](#)

Iowa Anatomical Gift Fund: [Application](#)