

May 2023

# UI HEALTH CARE ORGAN TRANSPLANT CENTER

## It's May...Think Spring! Here are some ideas about enjoying the season!

- ◇ Listen to the rain. Open your windows & enjoy the fresh air.
- ◇ Notice the trees that are budding. Watch the bumblebees return to the gardens.
- ◇ Listen to the songbirds singing. Sit outside & feel the sun on your face.
- ◇ Get out your sandals. Look for rainbows.
- ◇ Enjoy the food trucks that start appearing this time of year!
- ◇ Farmers' Markets will be returning & are always fun to visit.
- ◇ Consider eating some of the fresh spring produce as they make delicious additions to your meals! Follow up with your dialysis dietitian for your best options.

## Living Donor Spotlight On Two Of Our Own Staff!

"I am a transplant psychologist who has worked in the transplant field for over 20 years. I'm an advocate for organ donation, but I never imagined I'd give away my own kidney! About 5 years ago, a family member let me know he was close to starting dialysis. He didn't want to consider a living donor transplant because he didn't want anyone to make that kind of sacrifice for him, but I convinced him to let me see if I could donate. Luckily, I was a match for him. Just before Christmas 2018, I shuffled with my IV pole into his hospital room after the surgery & found him in bed, looking healthier than he had in years. We shared hugs & happy tears. These days he's out hiking & enjoying his family. I ride my bike, travel, & do all the things I did before. Life is good!"

~ Jody Jones, Ph.D.  
UIHC Organ Transplant Center

"I have had the opportunity to work with organ donors & their families through my role at Iowa Donor Network. This experience led me to my current role as a kidney/pancreas post-transplant coordinator, working with our transplant team to guide our recipients after they have received their transplant. My recipients inspired me to pursue living kidney donor evaluation. On September 9, 2021, I donated my left kidney through the National Kidney Registry to a man I did not know at the time. We have since become friends, sharing letters & pictures of our post surgery adventures. I am proud of him, & we both continue to do well after surgery. This was the right choice for me, & I would do it again if I could!"

~ Leslie McCloy, RN, MNHP, CCTC  
UIHC Organ Transplant Center

## A Few Transplant F.A.Q.

### ***Can I be too old or too sick to receive a transplant?***

Each center has their own practice & protocols. There is no standard age limit. Some medical conditions may rule out a transplant. Transplant centers may be able to reconsider you later if the condition improves. You also have the option to be evaluated at a different center, as each has their own criteria for acceptance.

### ***What is the waitlist? How long will I have to wait?***

The waitlist is the list of candidates registered to receive transplants. When an organ is available, the matching system generates a specific list of possible recipients based on how that organ is allocated. The wait time is impacted by many factors including how well you match with the donor, how sick you are, & how many donors are available compared to those needing a transplant. For more information, visit [our website](#) and/or [UNOS](#).

### ***Should I be worried about organ rejection?***

UNOS states it is common to have at least one episode of organ rejection when the body attacks the newly transplanted organ. It does not always mean you are losing it! Your transplant team knows how to manage rejection with medications. This is why it is crucial to take post-transplant medications as instructed! Most people live relatively normal lives with their transplant.

### ***How will this impact my loved ones?***

An organ transplant is a major surgery, & caregivers play a crucial role throughout the process. After transplant recovery can be stressful on you as well as your caregivers. Some tips include staying organized, having strong communication, preventing infection, & self-care. There are resources available for support! For more information, visit [our website](#) and/or [UNOS](#).

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