

# Turning Negatives

# Into Positives

Addressing Patients'  
Common Concerns and Fears

## Why Transplant Is a Good Idea for Me!

 Why should I go for a transplant consultation? I know what I'm dealing with when it comes to dialysis.	 Transplantation is the best modality—it provides you with a working kidney and reduces many of the long-term effects dialysis can cause.
 I don't think I'm a candidate for transplant.	 The first step in finding out if you are a candidate is to call a transplant center and make an appointment. There is no harm in making the call to find out.
 I often feel very tired.	 Transplantation helps filter poisons from your blood and produces red blood cells that bring more oxygen to your body. This can make you feel less tired.
 I can't control my blood pressure.	 After a transplant, your blood is filtered 24 hours a day by your new kidney. This removes the fluid that causes high blood pressure when on dialysis. Since the fluid is filtered through your kidney all day, you won't have the same low blood pressure concerns that you may have during dialysis treatment.
 I don't feel like eating; food doesn't taste good.	 With cleaner blood and normal chemistries in your system, food will taste better. Once you receive a transplant, you're encouraged to eat all foods and drink all liquids that you had to stay away from while on dialysis.
 I have problems with my fistula and the insertion of needles in my arm.	 With transplantation, the only needles required are for blood work to monitor your kidney function.
 I am always depending on my family to get me to and from dialysis.	 After transplantation, you will still need family support to go to and from the clinic, but after the kidney is stable (about six months after transplant), you'll get your independence back.
 I never remember to take phosphate binders with meals.	 Transplantation helps your body get rid of excess phosphorus, so you won't have to take a phosphate binder or limit high-phosphorus foods in your diet.
 I'm too old for a transplant. Doctors want to save the good kidneys for younger people.	 Ask your doctor about expanded criteria kidneys. Expanded criteria kidney donors increase the donor pool and offer a chance at a transplant for people who might otherwise not be eligible to receive a new kidney.
 I'm afraid of surgery. What are my chances of a successful transplant?	 The odds of having a successful transplant are pretty good. According to the National Kidney Foundation, 97 percent of kidney transplants are working after a month; 93 percent are working at the end of one year; and 83 percent are working at the end of three years. Transplant recipients are living up to 40 years after receiving a new organ.



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