Welcome to our July Webinar on
*The Nuts and Bolts of Becoming a Transplant Patient*

We need your Feedback! Please complete form after the program

This webinar will be recorded and slides will be available at
[www.dpcedcenter.org](http://www.dpcedcenter.org)

Next webinar: August 16th by Dr. Michael Kraus, nephrologist, and Vanessa Evans, patient. Learn about treatment options and if home dialysis is a choice for you.
Reminder

➢ All phone lines are muted
➢ Mute *6
➢ Unmute: #6
➢ Unmute your phone to ask questions at the end of the presentation
➢ Or, ask questions through the Chat Box
➢ Recording and slides will be available on web site
➢ Please provide feedback
➢ Join us next month for another webinar
Dr. Keith Melancon

- Director of the George Washington Transplant Institute
- Professor of Surgery: Specialties include kidney, pancreas and liver transplantation as well as laparoscopic kidney donor nephrectomy
- Research interests: Increasing access to health care for minority patients, particularly for organ transplantation
- Advocate to improve outcomes for the hardest to transplant patients
Dr. Joseph Keith Melancon
Chief – Transplant Institute and
Division of Transplant Surgery
Medical Director – GW Ron and Joy Paul
Kidney Center
What is the most common cause of kidney disease?

- Stab injury
- Diabetes/ High Blood Sugar
- Hypertension/ High Blood Pressure
- Infection
- Congenital problems
Which of the following contributes to the greatest possibility of developing kidney disease?

- Epigenetics
- Ethnicity
- Drugs
- Old age
What is the most effective way to control high blood pressure?

- Medication
- Exercise to lose weight
- Diet
What is the one of the most common cause of self-induced kidney disease?

• IV drugs
• NSAIDs – Pain medication
• Accidents
What is the most common type of Diabetes?

- Type I
- Type II
Disease Atlas: ESRD Prevalence
What are the most important causes of kidney disease?

- Diabetes
- Hypertension
- Obesity

Combination increases chances of ESRD
Genetics versus Epigenetics

• Which one do you think contributes to predisposing a person to having a higher risk of kidney disease?
• What can you do to prevent the occurrence or the progression of this disease?
What are the symptoms of kidney disease?

- Fluid overload and shortness of breath
- High blood pressure
- Proteinuria
- Fatigue
- Itching
What is end stage renal disease?

- There are 5 stages of kidney disease
- Stages 1, 2, and 3 are reversible
- Stages 4 and 5 are irreversible
Currently over 110,000 people awaiting kidney transplant in the U.S.

Transplants 2017 (in the US)
- **14,215** (01/01/2017 to 09/30/2017)

Number of kidneys discarded in 2017
- **3,464**
What you can gain?

• Live a longer life
• Eat regular diet
• Freedom to travel easily
• Ability to become pregnant
• Lifestyle free of dialysis
• Physically active
• Return to work
The Path to transplantation

- **Set up appointment**
  - Choose a non dialysis day

- **Evaluation**
  - Meet with team

- **Complete testing**
  - You may need to get multiple medical test

- **Receive letter from Transplant Center**
  - Listing letter
  - Deferral letter
  - Denial letter

- **Become Listed**
  - Monthly Labs drawn at Dialysis Facility

- **TRANSPLANTATION**
  - Post Transplant clinic

See up coming slides
• Patients are referred for Transplant Evaluation by their doctor, dialysis center, or self referral.

• The evaluation:
  • Looks to see if you are healthy enough to receive a new kidney.
  • Educates you on kidney transplantation.
  • Learn about the options of a living or deceased donor kidney transplant.
  • Identify possible live donors.
Who is on your Transplant Team?

- Transplant Surgeon
- Transplant Nephrologist
- Pre-Transplant Nurse Coordinator
- Financial Coordinator
- Social Worker
- Dietitian
- Post transplant Nurse
- Your current dialysis team
What is meant when someone is deferred or denied?

**Deferred**

- Additional testing
- Weight loss
- Cancer Recovery
- Smoking Cessation
- Active Infection/Wound healing
- Blood Glucose control
- Non adherence
- Active substance abuse
- Untreated psychiatric illness

**Denied**

- Active cancer
- High surgical risk: CVD, Pulm HTN, uncontrolled DM, requires home oxygen.
- Non adherence to treatment: medications, diet, dialysis schedule
- Active substance abuse: Drugs, Alcohol, or Smoking
- Untreated psychiatric illness
- Mental incapacity
- Obesity: with weight loss you can get on the list
- LACK OF SOCIAL SUPPORT
While on the List

• You can be on a different list in a different region – because they are getting different kidney offers.

• Wait times vary by region, blood type, and antibody levels.

• Average wait time in Washington, DC - 5 years.

• You continue to have dialysis and are encouraged to maintain healthy lifestyle during the waiting period.

• You will have monthly labs to monitor your antibodies - these most likely will be taken at your dialysis center.

• You will be re-evaluated yearly while you are waiting.

• You may get called for a transplant several times before actually receiving an organ.
There is a new way of listing

The NEW Kidney Allocation System

They way people are placed on the list

• In November 2014 the rules changed for who is at the top of the list

• Old way - listing date

• New way - date of start of dialysis, sensitivity, or if not on dialysis eGFR <20%
Were the goals of KAS met?

• Longevity matching – Improved
• Access for highly sensitized patients – Improved
• Fairness by including dialysis time to waiting time – Accomplished
• Facilitating placement of high KDPI (>85%) by regional matching – In process
• Increase transplants for B recipients using non-A1 (A2) donor kidneys – Small numbers
• No decrease in transplant numbers or compromise for vulnerable populations
United Network for Organ Sharing

• A private, nonprofit organization that coordinates the nation’s organ transplant system under contract with the federal government.

• Matching Organs
 UNOS maintains a centralized computer network, UNet, which links all possible organs with transplant centers and recipients
Post Transplant

• The post transplant period requires close monitoring of the kidney function, early signs of rejection, adjustments of the various medications

• You will see your Transplant Team A LOT 😊
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Questions???
THANK YOU
Register for our next webinar

Home Dialysis - Is It Right for You?
August 16, 2018
2:00 PM Eastern

Learn from a nephrologist about treatment options, more frequent dialysis, questions to ask your doctor and hear a patient’s dialysis story