

FAST FACTS ABOUT LIVING DONATION

Donors and recipients can live long, fulfilling healthy lives with one kidney.

Kidneys from a deceased donor last on average 10 to 12 years. Kidneys from a living donor last on average 12 to 20 years.

A kidney transplant is a treatment, not a cure.

The donor assessment process is confidential. Donors can gather information and be assessed before making a commitment to donate.

Living donors can be siblings, parents, children, or other relatives. A donor can also be a friend, spouse, relative through marriage, co-worker, a member of the recipient's community, or anyone healthy enough to donate a kidney!

LEARN MORE

Looking for support on how to find a living kidney donor?

Learn more at the following websites:

Explore Transplant

Transplant Ambassadors

National Kidney Foundation

Canadian Blood Services

Or contact the Renal Nurse Navigator at 705-743-2121 x. 3770



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Form #4313, Revised February, 2020



INTEGRATED RENAL CLINIC
Peterborough Regional Health Centre

PETERBOROUGH REGIONAL HEALTH CENTRE
**LIVING KIDNEY
TRANSPLANT**

THE BIG ASK

Finding a live kidney donor

PRHC
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FINDING A LIVING KIDNEY DONOR

A kidney transplant from a living donor is the best treatment for many people with kidney failure.

Living donation offers a good option for people like you who need a kidney transplant.

Thinking about asking your community for a kidney donation is a BIG ASK. We can help.

1. SHARE YOUR STORY

It is never too early to start talking to your family and friends about your kidney journey. Consider friends, family members, work colleagues and other members in your community when considering asking for a kidney donation. Being genetically related to the donor can be beneficial, but it is not required. Social media can also be a great tool for finding living donors.

2. BE PATIENT

It may take up to a year or more to explore if a person can be your donor. Even with the best treatments, your kidneys may slowly wear down. That is why it's so important to think about living donor kidney transplant and talk with potential donors early in your journey.

3. LET US HELP

Approaching potential donors can seem difficult. It's common to feel a range of emotions - uneasy, confused, anxious - when reaching out to find a living donor. Peterborough Regional Health Centre (PRHC) has a transplant ambassador program - ambassadors who have been a recipient or donor of a kidney. They know what you are going through and are available to help by sharing their own experiences.

SUCCESSFUL IN FINDING A DONOR?

If you have a potential donor or know someone who wants more information before deciding, tell them to contact the PRHC Renal Nurse Navigator who will provide information and guide them through the process.



LIVE KIDNEY DONOR AND PRHC TRANSPLANT AMBASSADOR

John McGregor

Donated a kidney to his son.

"In 2017, my son's kidneys began to fail him. He needed a transplant to survive. After some rigorous testing, I fit the match as a donor. These are major surgeries and at any point I could have been ruled out or something could have happened, but my kidney started working in my son Robert immediately."

johnmc@transplantambassadors.ca

