**CONSIDERING BECOMING A LIVING KIDNEY DONOR?**

The decision to donate a kidney so another person can have a better quality of life demonstrates great compassion and caring. However, organ donation should not be undertaken without careful consideration.

**Kidney Transplantation at Our Lady of Lourdes Medical Center**

For more than 40 years, the Center for Organ Transplantation at Our Lady of Lourdes Medical Center has focused on providing the highest-quality care and giving new, more vibrant lives to adult patients faced with kidney failure.

Lourdes is the only provider of transplant services in southern New Jersey. Having performed more than 1,000 kidney transplants since 1974, our staff of experienced doctors, nurse coordinators, pharmacist, diettitian, social workers and other specialists utilizes the latest techniques and technologies to give the best care possible before, during and after surgery.

**About Our Lady of Lourdes Medical Center**

Our Lady of Lourdes Medical Center is a destination hospital for heart care, recognized consistently by Healthgrades for cardiac and stroke care. The medical center is the only facility in South Jersey performing organ transplants. Lourdes specializes in cardiothoracic, vascular, general, bariatric, orthopedic and urologic surgery. It is the only hospital in New Jersey, Pennsylvania or Delaware ever to have been awarded the American Hospital Association’s top honor for excellence in community outreach services. Lourdes Health System is a ministry of the Franciscan Sisters of Allegany, New York and a member of CHE Trinity Health.

**Directions to Lourdes Center for Organ Transplantation**

Pre-transplant patients and living donors are seen at Lourdes Center for Organ Transplantation satellite office located at 63 Kresson Road, Suite 106, Cherry Hill, New Jersey, 08034. Our office is conveniently located near Route 70, Interstate 295, Haddonfield-Berlin Road and other major arteries. Free parking is available in the front and rear of the building. For help with directions, call our office at 856-796-9370.

Post-transplant follow-up appointments are conducted at our office across from Our Lady of Lourdes Medical Center, 1601 Haddon Avenue, Camden.
Below are answers to some very common questions about becoming a living kidney donor.

Q. What is the process for determining whether I can donate a kidney?
A. You need to show three things. First, you have blood and tissue types that are compatible to the recipient. Second, that you are generally healthy. Third, that you have two healthy kidneys. You are also required to undergo a psychosocial assessment to ensure that you understand the donation process.

Q. What are the long-term effects on me if I donate one of my kidneys?
A. Research has shown there are few, if any, long-term effects on a living kidney donor. Your kidneys work together as a team. When one kidney is removed, the remaining kidney “steps up to the plate” and is capable of getting the work done alone. There are small possibilities of high blood pressure and elevated levels of protein in the urine. In addition, you may not be able to play a contact sport or have a job that is high risk for injury. All potential risks are discussed during the evaluation process.

Q. I have a friend who needs a kidney and I’d like to donate, but I’m not related. Can I still do it?
A. Yes. In the past, conventional wisdom was that close tissue typing through blood-related donors was required for a successful donation. Advances in transplantation over the years now allow patients to receive a kidney from an unrelated donor.

Q. I would like to donate but my blood type does not match my intended recipient. Can I still donate?
A. Yes. If your blood type does not match your intended recipient, you can enter a program called a kidney paired exchange. In the paired exchange program, your blood type is matched with another recipient and your intended recipient is matched with another living donor. The transplant team will explain the program in more detail and answer any questions you may have.

Q. I’ve been asked to donate, but I’m not sure I want to do it. What should I do?
A. The decision whether or not to donate is yours. So, don’t let people — including the possible recipient — pressure you. Make sure you have all the information you need to make an informed decision. If you decide not to donate and are concerned about the reaction of friends and family, talk to a member of the transplant team.

Q. What are the odds my donated kidney will work, and that it won’t be rejected?
A. They’re excellent. According to the United Network for Organ Sharing, kidneys from living donors still function in 97 percent of cases after one year and in 85 percent of cases after four years. Still, you should be mentally prepared that the recipient’s body could reject your kidney.

Q. Who pays for the costs associated with my kidney donation?
A. Most medical expenses with both deceased-donor and living-donor kidney transplants are covered by the recipient’s insurance. Depending on financial eligibility, donors may qualify for some assistance in covering their travel, living expenses and other non-medical costs related to their organ donation through the national National Living Donor Assistance Program. To learn more visit www.livingdonorassistance.org.

Q. Who can answer questions about donating a kidney?
A. The first place to go is the transplant team. Talk to your transplant coordinator or another member of the transplant team. We encourage you to talk with family, friends, religious leaders and others you trust.

Contact the Transplant Team
To learn more about the adult living donor transplant program and view video testimonials from our patients, visit the Lourdes website at www.lourdesnet.org. Under “Programs and Services,” click on “Transplantation.”

To schedule an appointment or speak to a member of the Lourdes Transplant team, call 856-796-9370. Free parking is available.