

Dear Family and Friends,

As you may or may not know, I have kidney failure, and my doctor has recommended that I get a kidney transplant. This is the best option for me to have a better and longer life. A transplant from a deceased donor is a possibility, but could take many years. More than 100,000 people are on the waiting list for a deceased donor kidney, and there is a very limited supply of donors.

A living donor kidney transplant has a lot of benefits. A kidney from a living donor is usually the best quality kidney. It begins to function more quickly after transplant and lasts longer and works better than kidneys from deceased donors.

You may think my donor has to be a family member. Actually, anyone can be a donor as long as our blood types are compatible. Also, the donor cannot have diabetes, high blood pressure or kidney problems of their own.

Living donor transplant surgery can be scheduled at a time that is convenient for both my donor and me. Most kidney donor surgeries are performed laparoscopically, in which three or four small incisions are made to remove the kidney. Most donors are able to leave the hospital in two to three days and generally return to work in three to six weeks.

Although this is hard for me to ask, if you feel this is something you could do, please consider becoming a living donor for me. I fully understand that this is a personal decision that isn't right for everyone. Please know that if you don't feel comfortable with living donation, it will not affect our relationship in any way.

If you would like more information about living kidney donation, please contact a Baylor Annette C. and Harold C. Simmons Transplant Institute's living donor kidney coordinator at:

Baylor University Medical Center at Dallas	214-820-4438
Baylor All Saints Medical Center at Fort Worth	817-922-2990

They will be happy to answer any questions you may have. They also offer living donor kidney transplant question-and-answer sessions to help address questions and provide education for potential living donors and recipients.

As always, thank you for your caring and concern.

Sincerely,