

Kidney Transplant...

A New Hope of Life!!!



What is Kidney Transplant?

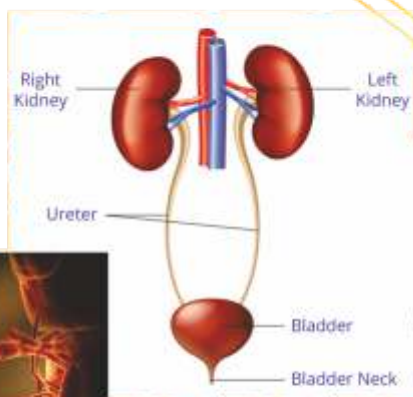
A Kidney Transplant is the transfer of a healthy kidney from one person into the body of a person who has little or no kidney function. The new kidney takes over the work of cleaning the blood thus helping to keep one fit.

Types of Kidney Transplant

There are two types of Kidney Transplants:

- Those that come from living donors
- Those that come from unrelated donors who have died (non living donors)

A living donor may be someone in the family. It may also be the spouse or a close friend. In some cases, it may be a stranger who wishes to donate a kidney to anyone in need of a transplant.



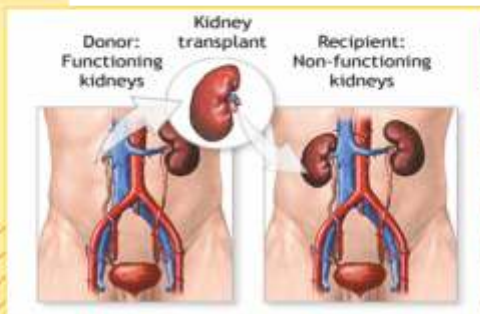
Some diseases causing End Stage Renal Disease

- Diabetes Mellitus
- Hypertension
- Chronic Glomerulonephritis
- Polycystic Kidney Disease
- Autoimmune conditions such as Lupus, Infections, Inborn errors of metabolism, Idiopathy

Why Transplant is better than Dialysis?

Kidney Transplant is a surgery with a phased recovery period, but has the following benefits over Dialysis:

- Patients are likely to live longer with a much improved quality of life
- Patients need to follow a less restricted diet
- Patients are more likely to return to work
- Cost effective in the long run



Who can have a Transplant?

Most people can have a Transplant if:

- They are well enough to withstand the effects of surgery
- The Transplant has a relatively good chance of success
- They are willing to abide by the advice after the Transplant

Who can donate a Kidney?

People between ages 18 to 65 are able to donate their normally functioning kidneys.

However, a person having history of heart disease, chronic lung or liver disease, kidney disease, hypertension, diabetes, cancer or untreated psychiatric disease is usually a contraindication to donating (i.e. the donor candidate is "ruled out").

Life after Transplant

To minimise the risk of possible complications after Kidney Transplant, it is recommended that you -

- Regularly take Immunosuppressant medicines
- Eat a healthy diet
- Lose weight if you are overweight or obese
- Stop smoking and reduce consumption of alcohol.

Life expectancy

The patient is expected to live 10 to 15 years longer with a Kidney Transplant than if kept on dialysis.



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