

Living Well Before & After Transplantation



What I Wish My Patients Would Ask Me

Ashraf El-Meanawy, MD, MS, PhD, FASN

Professor of Medicine

Medical College of Wisconsin

Milwaukee, WI



Kidney Transplant is the Gift of Life

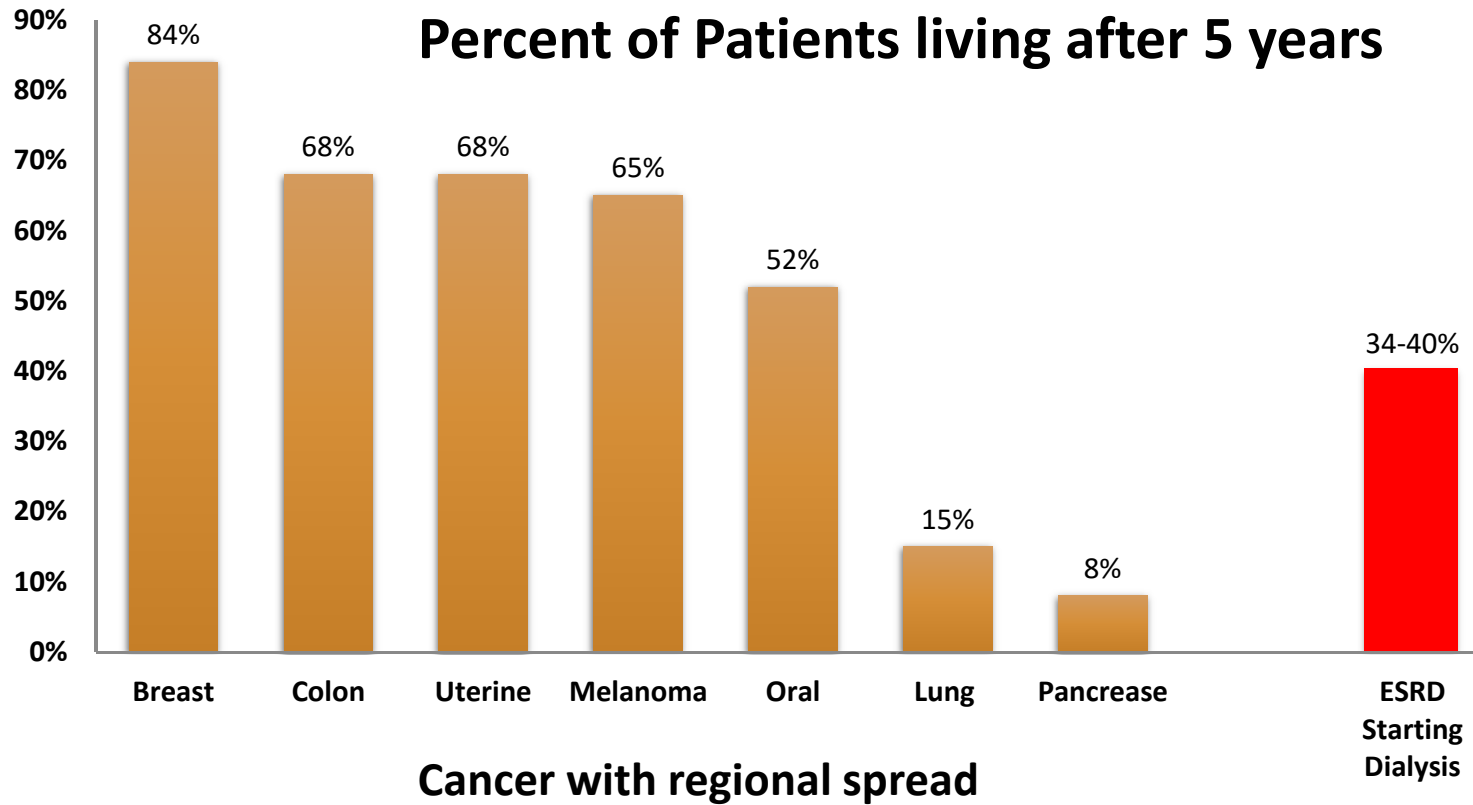
- When Kidney fails completely, patient needs to be on dialysis or get transplant
- Will discuss how common and serious kidney disease
- Walk back from kidney failure to early kidney disease
- Back to transplant and how to care for it



- Is kidney disease Serious?

That is OK, if my kidneys fail, I just take dialysis or get transplant !!!

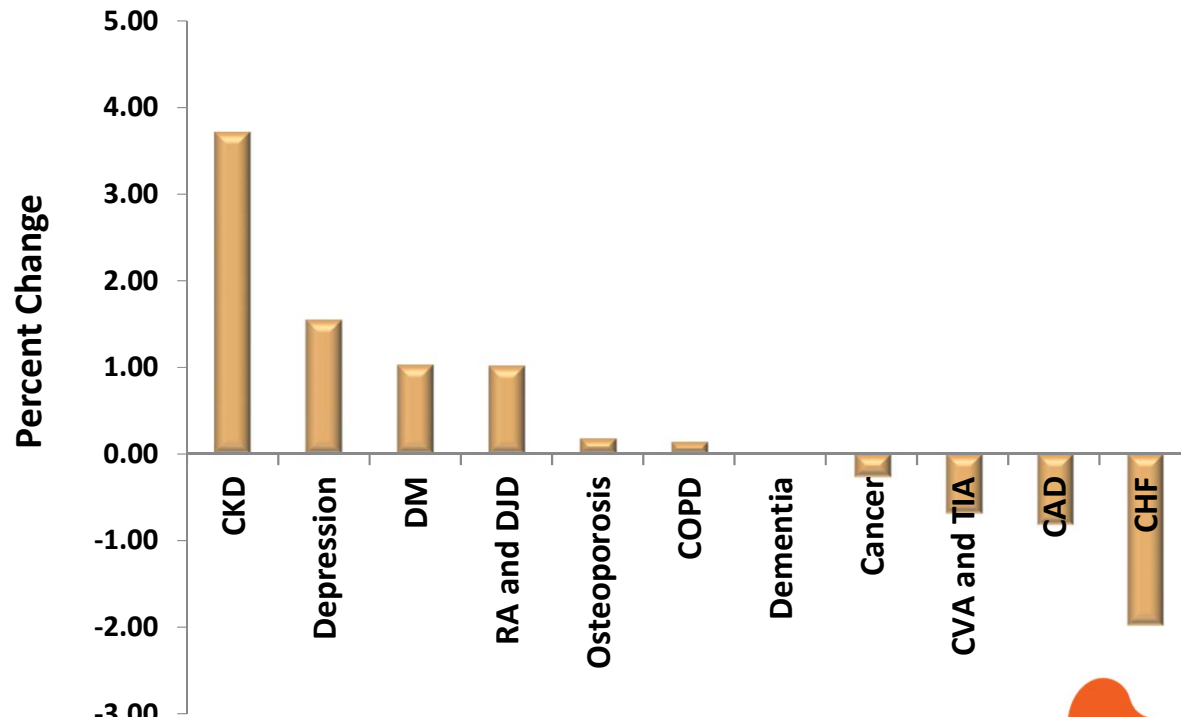
- Dialysis is a part time job
- Dialysis is not a replacement for a working kidney
- Dialysis keeps patients alive but shorter
- Dialysis is very expensive
- Kidneys for transplant are not easily available



- **How Common Is Kidney Disease**

- **1 in 10 Americans have chronic kidney disease**

Kidney Disease is The Fastest Growing Chronic Diseases

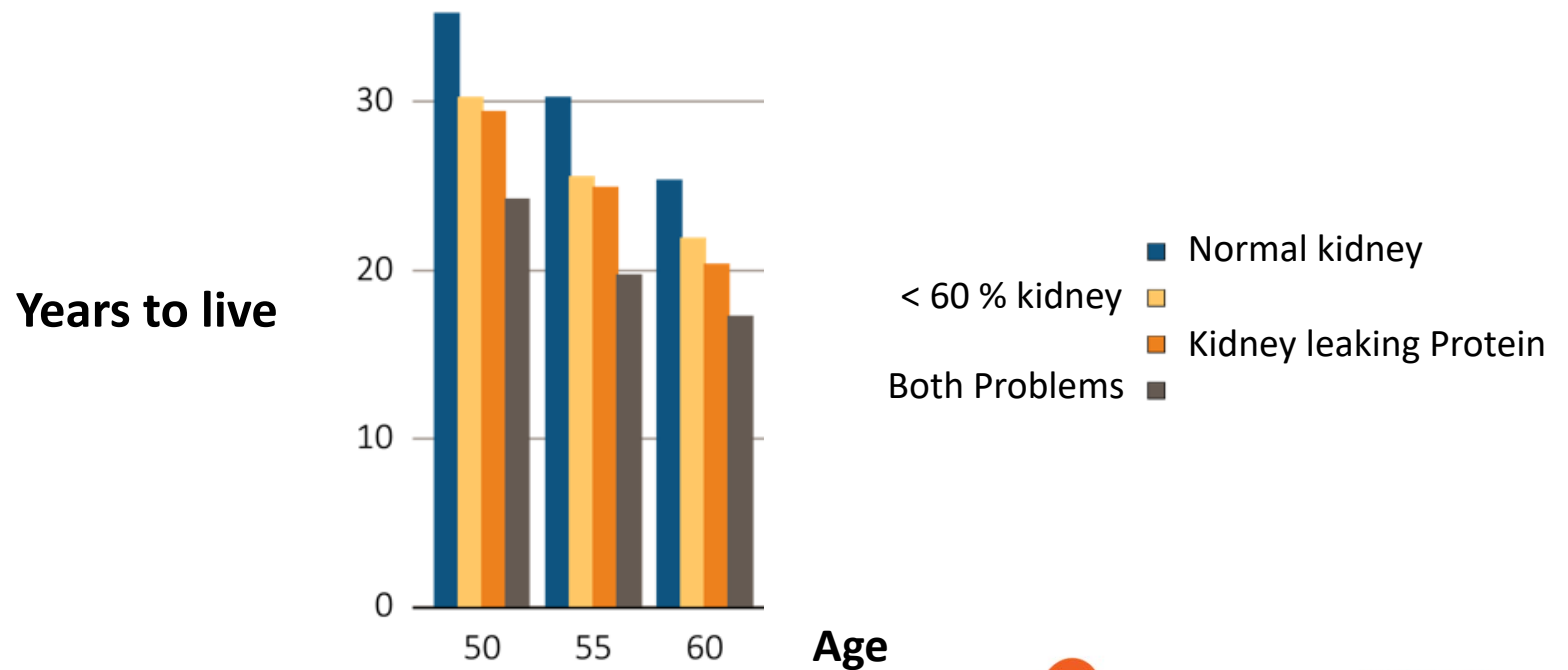


of Wisconsin

CDC, 2014

- **How about working but not perfect kidney,
will that increase my risk of dying?**

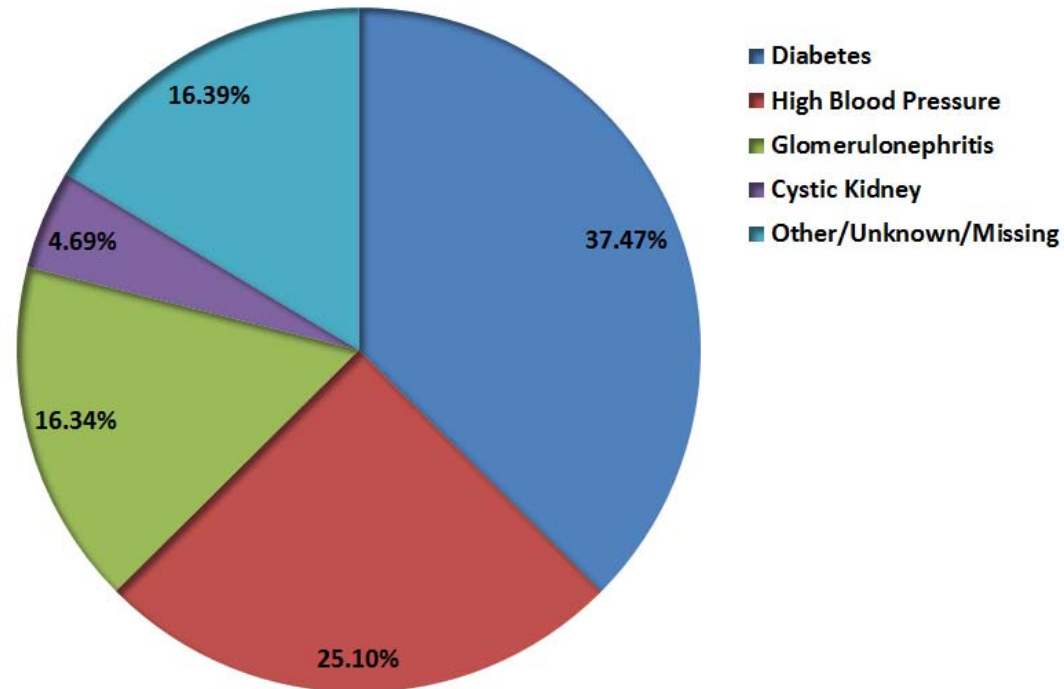
Change in life expectancy with kidney disease



I Make Enough Urine, Can I still have kidney Problem

	Normal Kidney	Almost failed kidney
Filtered blood per day	180 Liters	14.4 Liters
Amount of urine per day	1.5 Liters	1.5 Liters

What Causes Kidney Disease



I do not feel anything different, should I worry about having kidney disease?

How can I tell that I have kidney Problem ?

- My Diabetes is a problem, I am busy with life and I will take care of it later. Am I wrong?

My Parents have high blood pressure and never saw a doctor, Why should I?



How can I reduce my risk of kidney failure?



- I see my primary doctor, do I need a kidney doctor, they are both doctors, correct?

When did my kidney disease start ?

Are my children and grand children at risk for kidney disease like me?



- My Doctor told me I will be needing dialysis soon, what should I do?

- I will be starting dialysis, what is my next step?

I got a transplant, I can relax now and my body will take care of it, correct?



- I missed only few days of transplant medication, not a big deal right?

• Questions.....?

