Living Well Before & After Transplantation
What I Wish My Patients Would Ask Me

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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
Percent of Patients living after 5 years

Cancer with regional spread

- Breast: 84%
- Colon: 68%
- Uterine: 68%
- Melanoma: 65%
- Oral: 52%
- Lung: 15%
- Pancreas: 8%
- ESRD Starting Dialysis: 34-40%
• How Common Is Kidney Disease

• 1 in 10 Americans have chronic kidney disease
Kidney Disease is The Fastest Growing Chronic Diseases

<table>
<thead>
<tr>
<th>Condition</th>
<th>Percent Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>CKD</td>
<td>3.00</td>
</tr>
<tr>
<td>Depression</td>
<td>2.00</td>
</tr>
<tr>
<td>RA and DJD</td>
<td>1.00</td>
</tr>
<tr>
<td>Osteoporosis</td>
<td>0.00</td>
</tr>
<tr>
<td>COPD</td>
<td>-1.00</td>
</tr>
<tr>
<td>Dementia</td>
<td>-2.00</td>
</tr>
<tr>
<td>Cancer</td>
<td>-3.00</td>
</tr>
<tr>
<td>CVA and TIA</td>
<td>-4.00</td>
</tr>
<tr>
<td>CAD</td>
<td>-5.00</td>
</tr>
<tr>
<td>CHF</td>
<td>-6.00</td>
</tr>
</tbody>
</table>

CDC, 2014
• How about working but not perfect kidney, will that increase my risk of dying?
Change in life expectancy with kidney disease

<table>
<thead>
<tr>
<th>Age</th>
<th>Normal kidney</th>
<th>&lt; 60 % kidney</th>
<th>Kidney leaking Protein</th>
<th>Both Problems</th>
</tr>
</thead>
<tbody>
<tr>
<td>50</td>
<td>30</td>
<td>20</td>
<td>15</td>
<td>10</td>
</tr>
<tr>
<td>55</td>
<td>25</td>
<td>15</td>
<td>10</td>
<td>5</td>
</tr>
<tr>
<td>60</td>
<td>20</td>
<td>10</td>
<td>5</td>
<td>3</td>
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</tbody>
</table>

Years to live

LIVING (LIFE) WELL
After Transplant
Programs for Recipients & Caregivers

NATIONAL KIDNEY FOUNDATION
of Wisconsin
I Make Enough Urine, Can I still have kidney Problem

<table>
<thead>
<tr>
<th></th>
<th>Normal Kidney</th>
<th>Almost failed kidney</th>
</tr>
</thead>
<tbody>
<tr>
<td>Filtered blood per day</td>
<td>180 Liters</td>
<td>14.4 Liters</td>
</tr>
<tr>
<td>Amount of urine per day</td>
<td>1.5 Liters</td>
<td>1.5 Liters</td>
</tr>
</tbody>
</table>
What Causes Kidney Disease

- Diabetes: 37.47%
- High Blood Pressure: 25.10%
- Glomerulonephritis: 16.39%
- Cystic Kidney: 16.34%
- Other/Unknown/Missing: 4.69%
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 if it, correct?
• I missed only few days of transplant medication, not a big deal right?
• Questions................?