



**JEHANGIR
HOSPITAL**

| We Add Care |



**A HEALTHY
KIDNEY IS
A HEALTHY YOU!**

Jehangir Kidney Care



KIDNEY TRANSPLANT

Overview

The primary function of kidneys is to filter blood. The body's entire blood content passes through the kidneys several times a day, wherein the kidneys remove wastes, control the body's fluid balance, and regulate the balance of electrolytes. After filtering blood, the kidneys create urine, which then gets collected in the pelvis - funnel-shaped structures - after which it drains down tubes called ureters to the bladder.

Each kidney contains around a million units called nephrons. Each of the nephrons is a microscopic filter for blood. Unfortunately, a person can lose kidney function without experiencing pain or specific symptoms, up to almost 90%.

Jehangir Hospital understands that kidneys are one of the most vital organs in the human body, and therefore, we have a dedicated department to facilitate and treat any kind of kidney disorders.

Some of the common kidney conditions we treat are:

- Pyelonephritis
- Glomerulonephritis
- Kidney stones
- Nephrosis
- Polycystic kidney disease
- Acute renal failure
- Chronic renal failure
- Diabetic nephropathy
- Hypertensive nephropathy
- Kidney cancer
- Nephrogenic diabetes insipidus
- Renal cyst

As per studies, kidney failures are generally attributed to neglect by the patient. Doctors strongly recommend that you go for regular health check-ups.

Jehangir Hospital provides a wide array of kidney treatments ranging from prescribing simple Antibiotics, Lithotripsy to Peritoneal Dialysis.

We specialize in offering services that are not just technically the best in the city but also providing exceptional level of personal care.



TREATMENTS AND PROCEDURES

Living Kidney Donor

How do family and friends know it is time to consider donation?

When a patient loses 90 to 95 % of his/her kidney function, they are considered to have End Stage Renal Disease (ESRD). Treatment options for patients with ESRD are dialysis (where an artificial kidney machine removes waste from the blood) or a kidney transplant from a living or deceased donor.

Sometimes, a patient with 85 % loss of kidney function will undergo transplant, allowing them to avoid going on dialysis altogether. Kidney patients and their families will discuss the best course of treatment with their doctors.

■ Who can be a donor?

Donors need to be between the ages of 18 and up to 65 years, and can include parents, children, siblings, other relatives, and friends. Donors need not be genetically related. An ideal donor should have a genuine interest in donating and a compatible blood type with the recipient. Donors should be in good overall health. Typically, someone who has cancer, diabetes, kidney disease, heart disease, liver disease, sickle cell disease, HIV or hepatitis will not qualify as a donor. However, these diseases are not all absolute contraindications to donation. Every donor will be considered on an individual basis.

■ Do some donors have trouble making the decision to donate?

The decision to donate can vary from person to person. Some people make the decision instantly with few worries or concerns. Other people require time to think critically and will talk with close friends or family before deciding whether or not to donate. It is normal for some people to be afraid of donating a kidney as well as to experience guilt about not wanting to be a donor.

Individuals should not, under any circumstances, feel pressured to donate. The only “right” decision is the one that makes the donor feel comfortable. Potential donors are encouraged to speak with the living donor team if they have any questions or concerns about their decision.

Once your blood type, antigen match, and cross match are known, the living donor's nurse coordinator will discuss the results and the donation process with you and answer any questions so that you can make an informed decision about proceeding with donation. This conversation is strictly confidential and is not shared with the recipient. If the donor decides to continue with the donation, they must then complete a comprehensive evaluation.

■ What does the donor evaluation include?

We encourage all donor evaluations to be completed at Jehangir Hospital, Pune. The work-up can often be completed in 1-2 days, though additional testing may be required in some cases.

You will complete a medical history information procedure and receive a physical examination to ensure that you don't have any concerning health conditions. A series of laboratory and X-ray tests, as well as an EKG, will be completed to screen the status of your kidney function, liver function, hepatitis, heart disease, lung disease and past exposure to viral illness. Urine testing will also be done to make sure that your kidneys function normally. In addition, results from your routine annual health maintenance tests (e.g., PAP smear, mammogram, colonoscopy, etc) will also be evaluated.

A CT annuitized tomography or CTA scan will also be done. During this scan, contrast angiogram (a contrast is injected into the blood stream through a vein in your arm, which travels to the kidneys and urinary tract while the CTA scan and X-rays are done.) These tests help the transplant staff to determine if your urinary tract, kidneys, and the blood vessels leading to the kidneys are normal.

You will undergo a psychosocial evaluation with a clinical social worker. Once results from the entire evaluation process are available, they will be reviewed by a multidisciplinary committee who decides whether or not you are able to safely proceed with the donation.

■ What is the health risks associated with being a donor?

Your surgeon and nurse coordinator will discuss all health-associated risks with you. The risks of donation are similar to those involved in any major surgery, such as bleeding and infection. Death resulting from kidney donation is extremely rare. Current research indicates that kidney donation does not change life expectancy or increase a person's risks of developing kidney disease or any other health problems.

■ Will giving a kidney affect my lifestyle?

A person can lead an active, normal life with only one kidney. Studies have shown that one kidney is sufficient to keep the body healthy. After recovering from surgery, a donor can work, drive, exercise and participate in sports, though contact sports are not recommended. A donor can continue all types of occupations. Also, being a donor does not impact a person's ability to have a child.

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Deceased Kidney Donors

If you have no living donor available, the kidney used for your transplant surgery will come from a deceased donor. Regardless of your donor, you'll still undergo the same thorough evaluation to determine whether or not you're a candidate for transplant surgery. You cannot receive a kidney transplant before completion of all tests and consultations recommended by your doctor. Once you qualify for transplant, you'll be placed on the organ waiting list, at which point you begin to accrue waiting time.

While You Wait...

The waiting period often is several years, so you may be asked to undergo periodic testing to remain "active" on the waiting list. You'll continue to be cared for by your referring physician, and transplant physicians are available for consultation, and who will become actively involved if necessary.

During this period, the Evaluation Coordinator will be available to take your questions, as well as those from your referring physician. The Histocompatibility lab will request regular blood samples to test your antibody levels. Dialysis units are requested to provide monthly medical updates on your health.

Above all, because the waiting period can be extended, it's important for you to let the transplant team know about any serious changes in your health. Keeping us updated improves the chances of a timely transplantation.