

# Kidney Connections

**Volume 1, Issue 2**

**February 29, 2008  
Winter 2008 Issue**

Welcome to the second edition of the newsletter for the Bay Area Association of Kidney Patients!

The Bay Area Association of Kidney Patients is a new organization formed to educate and support Bay Area kidney patients.

For questions or comments about this newsletter:

[bay.area.kidney@gmail.com](mailto:bay.area.kidney@gmail.com)  
Or by mail to  
P.O. Box 2332  
Menlo Park, CA 94026-2332

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## Dr. Steve Katznelson Speaks on Developments in Living Kidney Donation

By Jeanne Heise

Dr. Steve Katznelson, transplant nephrologist at California Pacific Medical Center, addressed an audience of about 50 kidney patients, caregivers, and medical professionals at the January 13<sup>th</sup> meeting of the Bay Area Association of Kidney Patients. Faced with huge increases in the number of people on the transplant lists, living donation is seen as a significant way to increase the number of available organs for transplant. Dr. Katznelson is a leading transplant nephrologist and a strong proponent for living kidney donation.

Dr. Katznelson began his talk with a history of transplantation. In 1933, the first kidney transplant was attempted in Russia, with a woman receiving a cadaver kidney. In the 1950s, the first living donation was completed with a mother/son transplant. With better anti-rejection techniques, and new surgical procedures for safely



harvesting organs from live patients, the medical community began to more seriously explore living kidney donation, even among unrelated donors.

The benefits of living donation accrued to both the donors and the recipients. The donors received the psychological benefit of helping a loved one, plus potentially increased longevity due to thorough medical work ups. The recipient in turn, received an improved outcome from the transplant and less waiting time on the transplant list.

With the great increase in the number of people on the waiting list for transplants and with the improved results through living donation, living kidney donations are seen as

an important means of increasing the number of available kidneys for transplants. To the end of expanding the living donation pool, medical teams are:

- Focusing on improving surgical techniques for harvesting organs
- Encouraging the participation of unrelated donors
- Searching for altruistic and Good Samaritan donors
- Making advancements in internet donor/recipient matching
- Encouraging people to consider paired exchange.

These efforts to increase the pool of living donors could have a significant impact on the waiting time for kidney transplants.

Like the evaluations to qualify a patient for acceptance onto the transplant lists, donors are required to go through a thorough evaluation before they can be considered. The process begins with the initial screening for hypertension, diabetes, heart disease, cancer or kidney problems. Once the  
*(Continued on page 3)*

## **Fund Raiser Garage Sale to Be Held May 3, 2008**

Anne Griffin, garage sale co-chair, announced that a garage sale will be held on Saturday, May 3, to benefit the treasury of the Bay Area Association of Kidney Patients. The sale will be held 166 Seminary Drive in Menlo Park.

The last event netted \$419 and we expect this one to do even better! So remember

**to Save Your Stuff!** We are also looking for volunteers to help with the sale.

If you are interested in donating items to be sold in the garage sale, please pre-price the item (at 10-20% of the original price) and contact Linda Umbach at 650-326-2107 to drop off the items.

### **Other Local Kidney Support Groups & Meetings**

#### **T.R.I.O**

**Transplant Recipients International Organization**-San Francisco Bay Area Chapter

Meets on the 2nd Thursday of each month at 7:30 pm at El Camino Hospital, Cafeteria Meeting Room, 2500 Grant Road, Mountain View, CA 94040

For more info:

[www.bayareatrio.org](http://www.bayareatrio.org)

408-353-2169

#### The **National Kidney Foundation**

(NKF) is sponsoring

#### **The Golden Gala Champions of Hope**

on Saturday, March 29, 2008

6:00 — 11:00 PM

Hotel Nikko

San Francisco, CA

Register at [www.kidneyca.org](http://www.kidneyca.org)

Being honored this year is Dr. Toby Gottheiner, Tim Calabretta & Steve Bono.

#### **Contra Costa Dialysis Support Group "Patients Helping Patients"**

4th Tuesday of each month  
January - October  
Carl's Junior Restaurant  
2280 Oak Grove Rd  
Walnut Creek, CA

**Contact:** Tom and Kathie McClish  
(916) 332-1086 OR Paul and Marie  
White (925) 934-4883

**For:** Dialysis patients and their loved ones, staff members

### **Today's Joke**



### **National AAKP Puts Chapter Application on Hold**

Your Steering Committee has recently learned that the Board of Directors of the American Association of Kidney Patients has decided to "implement a restructuring plan" and is "holding off designating any new Chapters" until this "restructuring plan is concluded." Our group was invited to submit an application and did so in early December 2007.

Now, upon learning this recent news, the Steering Committee is exploring other avenues for our Bay Area Association of Kidney Patients. Options include becoming affiliated with the National Kidney Foundation or becoming a non-profit (which would require many months of paperwork). If you have any suggestions, please contact us at [bay.area.kidney@gmail.com](mailto:bay.area.kidney@gmail.com).

Cartoon by Peter Quaipe, a Canadian dialysis patient From his book The Lighter Side of Dialysis, Volume 1

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**I call it - DIALYSIS!**

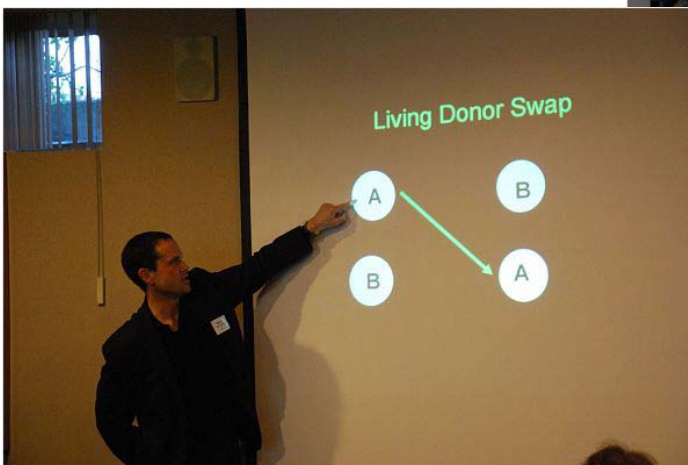
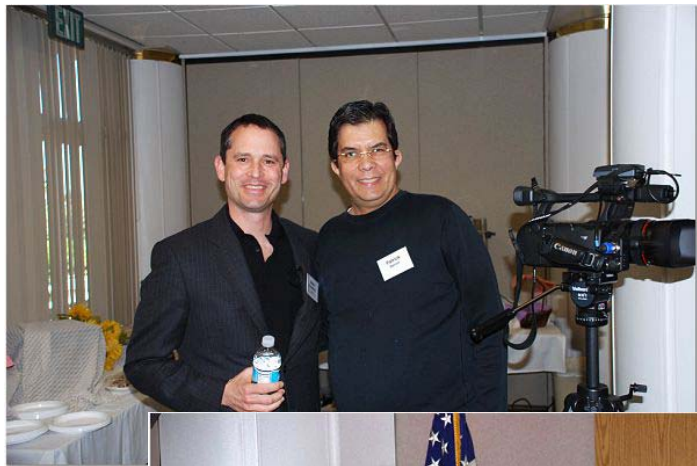


*Dr. Steve Katznelson speaks (continued from page 1)*

donor has passed the initial screening, compatibility testing with the recipient, including blood group matching and cross match takes place. About 40-50% of potential living donors are rejected for incompatibility or failing the medical/psychological workup.

The newest type of living donation is paired exchange, where mathematical algorithms are used to take recipients and their non-matching donors and find a couple or multiple couples that match. Paired exchange is not a universal answer. It requires significant patient education and it is complicated to schedule and coordinate. It is, however, another means of making even more transplants available. California Pacific Medical Center and Johns Hopkins are two of the leading medical centers involved in paired exchange.

While the supply of cadaver kidneys remains somewhat constant, the need for kidneys for transplant continues to grow dramatically, with huge increases in the waiting time for organs. In 2006, 100,000 individuals were on the waiting list; by 2010, 150,000 individuals will be on the waiting list. As Dr. Katznelson concluded, it is only through expanding living donation, and increasing the availability of deceased donors, that the need for kidneys can hoped to be met.



***Pictures contributed by Brad Price and April Ellis***

# Bay Area Association of Kidney Patients

## *Educating and Supporting Bay Area Kidney Patients*

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*Newsletter publication dates are November, February, May and August  
If you've received an extra copy of this newsletter, please pass it along!*

### **SAVE THESE DATES!**

#### **General Meetings:**

- **April 13, 2008**  
Sunday, 1:00 pm  
Marianne Hutton, RD, CDE  
**"Living with a Renal Diet"**
- **Sunday June 22, 2008**  
**"Insurance"**

#### **Garage Sale**

- **Saturday, May 3, 2008**  
**8 am to 4 pm**

#### **Steering Committee Meetings**

**First Tuesday of  
every month at 6:30 pm**

*If you would like to join us in the  
formation of this chapter, we would  
love to have your help.  
(Call for location)*

**More info:**

**[bay.area.kidney@gmail.com](mailto:bay.area.kidney@gmail.com)**

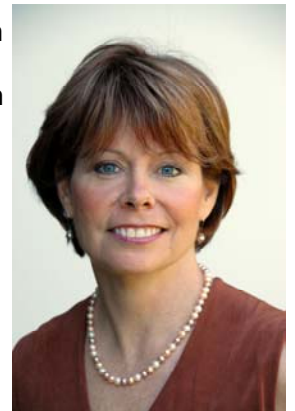
## **Marianne Hutton to speak at April 13th Meeting**

We are much honored to welcome our guest speaker, Ms. Marianne Hutton, to our April 13, 2008, general meeting of the Bay Area Association of Kidney Patients. The meeting will take place at 1:00 pm on Sunday, April 13<sup>th</sup>, at Sequoia Hospital, Sequoia Room, 170 Alameda de las Pulgas, Redwood City, CA 94062.

Ms. Hutton is a lecturer, author, and consultant specializing in diabetes, renal nutrition, and lifestyle improvement. She will discuss the role of diet choices in the management of all phases of kidney disease: early, chronic kidney disease, dialysis, and transplantation. Bring your diet questions as Ms. Hutton will have time to answer questions from the audience!

She recently co-authored the book, ***Kidney Friendly Comfort Foods*** with Katie Lee Joel. She is also a member of the American

Dietetic Association, Nutrition Entrepreneurs Practice Group, and Renal Practice Group. She has been an expert lecturer for the American Association of Kidney Patients, and co-chairs the planning committee of the National Kidney Foundation's 2008 Spring Clinical Conference.



**Don't miss this timely event; reserve your seat now! Email us at [bay.area.kidney@gmail.com](mailto:bay.area.kidney@gmail.com) or call us at 650-326-2107. You can also fax your reservation to 650-327-0178 or mail to BAAKP, Box 2332, Menlo Park, CA 94025.**