On January 9th, the Bay Area Association of Kidney Patients gave a happy welcome to Dr. Allison Webber and the Kidney Transplant Team from the University of California San Francisco. Dr. Webber presented the qualifications a kidney transplant recipient and donor must meet for a transplant at UCSF. Transplants are a key treatment in kidney disease because it prolongs a patient’s life as well improves the quality of life. A transplanted kidney can come from either a living donor or a deceased person, with the former allowing for better outcomes over time. At this time, most kidneys come from a deceased donor. Once a patient’s GFR (Glomerular Filtration Rate) is less than 20, they qualify for a transplant evaluation. Overall, expected wait times on a transplant list are five to eight years.

The goal for a person on the transplant waiting list is a compatible kidney. This is determined by the patient’s blood type and if that patient has immunity to extracellular proteins (known as HLA) on the surface of a new available kidney. There are four main blood types. The table below shows the compatibilities of each blood type with other blood types.

<table>
<thead>
<tr>
<th>Donor Blood Type</th>
<th>Recipient Blood Type</th>
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<tbody>
<tr>
<td>A</td>
<td>Yes</td>
</tr>
<tr>
<td>B</td>
<td>No</td>
</tr>
<tr>
<td>AB</td>
<td>Yes</td>
</tr>
<tr>
<td>O</td>
<td>Yes</td>
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Blood type “O” is called the “Universal Donor” because they can donate to every blood type. Blood type “AB” can receive donations from every blood type. As shown in the table, a blood type need not match, but merely be “compatible.”

A “positive crossmatch” means that the potential kidney recipient has preformed HLA antibodies to the potential donor’s kidney which substantially increases the likelihood that the recipient will reject the kidney. Therefore a positive crossmatch means this kidney is not right for this recipient. A critical fact for a recipient to remember is that the immune system will always see the transplanted kidney as a foreigner and target it for destruction. Thus, anti-rejection medications must be taken for the rest of that new kidney’s life. While the patient waits for a kidney, blood tests are periodically conducted to look for the development of new antibodies to HLA that may have developed since the last blood examination. Blood transfusions, infections, pregnancies and previous transplants may predispose a person to the development of anti-HLA antibodies.
An important test that is sometimes done to evaluate a patient’s candidacy for transplant is the profiling of the arteries in the pelvis and legs to detect Peripheral Vascular Disease. Since the transplanted kidney is connected to the iliac arteries (arteries that are in the pelvis that supply oxygenated blood to the legs) the presence of significant atherosclerosis in these arteries may preclude a kidney transplant.

The kidney transplant surgery lasts about 3-4 hours and the patient will be in the hospital 3-10 days. The new kidney is placed in a patient’s pelvis rather than with the old kidneys, which remain in place. All patients undergoing a kidney transplant start off with about the same dosage of medications. The right amount of medications is unknown at first so personal adjustments are made after each blood test.

Once released from the hospital, the patient will continue to be monitored by a transplant team. It will take weeks, but a patient will gradually resume normal life activities, such as driving and exercise. A transplant nephrologist will also monitor for diabetes since some of the anti-rejection medications may impair the body’s handling of glucose (sugar). Be aware that about 40% of patients will be re-admitted to the hospital within the first six months after transplant. The reasons are mainly infection, surgical complications, and (yes) rejection. The patient is monitored by frequent clinic visits and blood tests.

Rejection of the transplanted kidney usually carries no symptoms and may be present despite a normal creatinine (the blood test used to follow kidney function). Biopsies are done at six months after transplant at UCSF to catch rejection that may be “subclinical” since significant damage to the kidney has to occur before creatinine levels increase.

The treatment of the kidney donor is as thorough as that of a recipient. A donor goes through a rigorous screening procedure that includes a social work evaluation, blood type determination, and crossmatch profiling with the patient. The decision to approve a donated kidney is ultimately that of the medical team after they have determined the donor’s health will not be affected and that the donor has a good mental awareness of what is at stake. This surgery also lasts 3-4 hours and the hospital stay is a few days. Statistics demonstrate there is no increased risk of chronic kidney disease (CKD) to carefully selected donors compared to the general population.

There are cases when more risky kidneys (called ECD or Expanded Criteria Donor) are accepted – primarily for CKD patients over 60 and diabetics over 40, with the result that wait times are cut in half but the transplanted kidney may have a shortened lifetime. ECD kidneys come from older donors who may have had a history of high blood pressure or died from a stroke. A patient who agrees to accept these kidneys may still remain on the normal wait list. UCSF also has a special transplant program for patients infected with Hepatitis C. A patient can also register on a wait list in other geographical areas, but there is a possibility their insurance carrier will not cover the additional testing. Any accrued times can be transferred from one transplant center to another.

This and more detailed pieces of non-conventional information captivated and educated our audience. Video of the program can be accessed on our website.

Thank You to Our Presenters and Supporters

Thanks to all for such a great meeting. Thank you to the representatives of the University of California, San Francisco Kidney Transplant Team: Allison Weber, M.D.; Linda Moczkowski, RN, CNN, Transplant Coordinator; Martha Ruelas, Kidney and Pancreas Transplant Manager; and Deb Tietje, RN, BSN, Kidney Outreach Coordinator. A huge thank you to the folks at the Palo Alto Medical Foundation who again have furnished a perfect venue for our educational meetings! A special thank you to Bel Rennels, who described the donation of her kidney to her niece. We are also indebted to Trader Joe’s in Menlo Park for the gift basket for our speakers! Thank you also, Cheryl Werner of Astellas Pharmaceutical, for the brochures on kidney transplants.

Stay updated!
www.twitter.com/BAAKP
www.Facebook.com/baakp
www.BAAKP.org

Click the links if you are reading an electronic version of this newsletter.
Two Fundraisers Benefit BAAKP

7K Horseback Endurance Ride
It was a beautiful September Saturday morning when approximately 35 people gathered to celebrate Linda Umbach’s 70th birthday and raise money for the BAAKP. Instead of a big party, Linda decided to host a 7K Ride at Webb Ranch and Family Farm in Portola Valley. She recruited 9 riders to ride in the Polo field and trot in the ring for approximately 2.5 hours. While the riders rode, party goers and well-wishers enjoyed a hot “Chuck Wagon” breakfast and lattes. Photos of the event were donated by photographer Rachel Phillips. Donors were able to contribute either online at BAAKP.org or at the ride. An anonymous donor volunteered to contribute a matched donation up to $2,000.00. Linda raised $2665.00 from 34 donors and with the anonymous donor’s matching contribution, a total of $4665.00 was raised for BAAKP! The event was so successful that BAAKP is exploring plans to repeat the event next year as a BAAKP fundraiser.

Basketball Tournament
Ryan Ferguson, who works for NxStage Home Hemodialysis and is an avid participant of the BAAKP, and the Mill Valley Community raised $500 with one afternoon of basketball to thank BAAKP for our support of kidney patients. Printed t-shirts and pizza were sold at the Basketball Tournament to raise the money.

Other Kidney Support Groups

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<tr>
<td>American Association of Kidney Patients</td>
<td>Transplant Recipients International Organization</td>
<td>For general PKD information, call: 1-800-PKDCURE</td>
<td>Has many resources available and sponsors many events. For more info:</td>
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<tr>
<td>Has many resources available both on their website &amp; through their publications.</td>
<td>Silicon Valley Chapter Meets on the 2nd Thursday of each month at 7:30 pm. El Camino Hospital, Conference Room E, 2500 Grant Road, Mountain View, CA 94040</td>
<td>For information about local groups, go to: <a href="http://www.pkdcure.org/sanfranciscochapter">www.pkdcure.org/sanfranciscochapter</a></td>
<td><a href="http://www.kidneyynca.org">www.kidneyynca.org</a> 415-543-3303</td>
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<td>3505 E. Frontage Rd. Suite 315 Tampa, FL 33607 800-749-2257</td>
<td><a href="http://www.bayareatrio.org">www.bayareatrio.org</a></td>
<td>For chapter specific questions, please send email to: <a href="mailto:sanfranciscochapter@pkdcure.org">sanfranciscochapter@pkdcure.org</a></td>
<td>National Kidney Foundation <a href="http://www.kidney.org">www.kidney.org</a></td>
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<td><a href="http://www.aakp.org">www.aakp.org</a></td>
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Post Office Box 2332
Menlo Park, CA 94026-2332
Phone: 650-323-2225
Fax: 650-327-0178
Email: bay.area.kidney@gmail.com

Educating and Supporting Bay Area Kidney Patients

"Financial and Insurance Answers for the Kidney Patient"
Panel Discussion at Our March 2011 Meeting

On Sunday March 20, 2011 we are thrilled to present a panel discussion on financial and insurance matters that affect kidney patients. Panel participants include a representative from Washington Hospital Healthcare System leading off a discussion on Insurance Questions, a HICAP counselor with information about Medicare, a representative from California Pacific Medical Center discussing financing a kidney transplant. Other items covered will be pre-existing conditions, the cost of dialysis, and the types of commercial insurance policies. Bring your questions; now's the time to get the answers!

This FREE event will take place at the Palo Alto Medical Foundation, 795 El Camino Real, 3rd floor Conference Room, Palo Alto, CA 94301 on Sunday, March 20, 2011 from 1 PM to 4 PM. There will be ample time for audience questions, social interaction and patient support. Kidney-friendly refreshments will be served! To reserve your seat, please email us at bay.area.kidney@gmail.com or call us at 650-323-2225.

Please visit our website at www.BAAKP.org to make a donation, get back issues of our newsletters, and view videos of our past meetings. Your help is greatly appreciated!

Winner of the 2010 Kidney Patient Support Group Award from AAKP

SAVE THE DATE!

- March 8, 2011, 1-4 pm
  Washington Hospital Kidney Seminar and Health Fair in Fremont — BAAKP will have a booth — Come join us!

- March 10, 2011
  World Kidney Day!

- March 20, 2011
  Financial & Insurance Answers for the Kidney Patient

- May 22, 2011
  Learning the Renal Diet

Steering Committee Meetings
Second Wednesday of every month at 6:00 pm
If you would like to join us in the leadership of this group, we would love to have your help.
bay.area.kidney@gmail.com
650-323-2225

Winner of the 2010 Kidney Patient Support Group Award from AAKP