

## TRANSPLANTATION TODAY

A QUARTERLY NEWSLETTER FOR PATIENTS AWAITING KIDNEY/KIDNEY-PANCREAS  
TRANSPLANTATION

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### Living Donor Options

Keep in mind that you will spend less time on the waiting list if you have a living donor.

Living donation is much easier because you can schedule your procedure at a convenient time and have more time to prepare.

You will spend less time worrying about when the call will come.

You will give someone you care about the opportunity to do a great service.

You will take one more person off the list for cadaveric transplant and increase someone else's odds of receiving a transplant before they expire from their kidney disease.

Spread the word again to your family and friends that you are on the waiting list for a transplant.

Contact Carol Maas, RN for more information about our living donor program.

### UNOS transplant statistics for the United States *as of November 29, 2005*

- There are a total of 90,267 patients currently awaiting organ transplant on the national waiting list.
- 64,207 patients are listed for kidney. 2,507 patients are listed for combined kidney/pancreas and 1,673 patients are listed for pancreas alone transplant.
- 18,995 transplants have been completed nationwide and 9,796 of these were from living donors.
- 124 solid organ transplants have been done here at LLUMC 2005 year-to-date and 19 of these were from living donors.
- *Source: [www.unos.org](http://www.unos.org)*

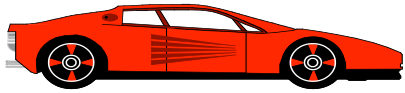


### Rose Parade Float Decoration Day

Once again the Loma Linda University Medical Center will be sponsoring a float in cooperation with One Legacy. The Rose Parade will be held on Monday, January 2<sup>nd</sup> this year because the 1<sup>st</sup> falls on a Sunday.

***Our decoration day is Friday, December 30<sup>th</sup> from 1 pm to 8 pm and we need volunteers!*** If you would like to volunteer for this fun and rewarding event, we will be bussing volunteers down to Pasadena early in the morning on the 30<sup>th</sup>.

Please contact Julie Humeston, RN, Referral Director at 909-558-4000, extension 83003 for specific information regarding this event.



## Donate Life Grand Prix Results

Our Transplant team had a lot of fun competing at this event, scoring 6<sup>th</sup> place overall. A portion of the proceeds was donated to families who have been displaced by Hurricane Katrina.

The Adams Kart Track is planning on hosting this event on an annual basis. We will keep you posted as we get more information.

## LLUMC Scores High on UNOS Audit

Loma Linda University Medical Center Transplant Institute was given a very high rating by the same organization that audited St. Vincent's and UCI.

UNOS also gave us a high rating during their recent audit of our transplant program.

We received many complements on our organization with minor changes required to the administrative process of patient notification.

## Smoking and Your Health

“Smoking can interfere with medicines used to treat high blood pressure. Uncontrolled or poorly controlled high blood pressure is a leading cause of chronic kidney disease. Smoking can also be a problem for people who already have kidney disease. Smoking slows blood flow and can worsen existing heart, blood vessel and kidney problems. In addition, bladder cancer and kidney cancer are more common in smokers”.

“If you have diabetes, you should not smoke. Smoking can slow blood flow to your feet and legs, making sores and infections harder to heal”.

For help quitting smoking, please contact your physician.

– Quoted from <http://www.kidney.org/news/newsroom/fsitem.cfm?id=21>

### **Kidney/Pancreas Transplant Staff:**

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