

JOHN IS IN NEED OF A LIVING KIDNEY DONOR

ARE YOU INTERESTED IN DONATING?

If so, we want to thank you! We know this is a big "ask." We also know you may have questions and possibly concerns. We're sharing this flyer in the hope that we can provide you with the information you need to make an informed decision.

Know that even thinking about being John's living kidney donor is a courageous step and we are grateful for you!

UPDATES

John dealt with kidney disease for over 10 years before it became a serious problem. His GFR fell to an 18 and, after having a biopsy, it was determined his kidney function would not improve. That is when John and his doctor decided to have him get listed on the kidney transplant waiting list. Thankfully, John is not yet on dialysis and he hopes to avoid it by getting a kidney transplant as soon as possible.

WHY A LIVING DONOR?

Waiting 3-5 years for a kidney from a deceased donor is not the best path forward for John. With a living donor, John can get his kidney transplant sooner! Research has shown that when patients receive a kidney from a living donor, the outcome is generally better. Living kidney donation is also ideal because kidneys from living donors last longer and there is a lower chance John's immune system will attack his new kidney (rejection).



ARE YOU INTERESTED IN DONATING?

YES! I'M INTERESTED

If you are interested in being John's living donor, visit www.yourgiftworks.com/johnb and complete the short contact form. A donor advocate will reach out to you within one business day to answer any questions you may have and will guide you through the next steps in the process.

YES! BUT I HAVE QUESTIONS & CONCERNS

Having questions is normal! We have a great resource available. Please visit [John's kidney website](#) complete the contact form. A donor advocate named Laurie will reach out to you. Laurie is a living kidney donor who can answer any non-medical questions you may have, guide you through the process, and connect you to great resources.

NO, BUT I WANT TO HELP

Thank you! The best way you can help is by following [John's kidney Facebook Page](#) and sharing posts from his page as much as possible. The more shares we get, the more people we can reach, and the better chance we will have of finding John's courageous donor.

COMMON QUESTIONS AND ANSWERS

WAS THE FAMILY TESTED?

Most of John's family cannot donate for health reasons. In some cases, the best living donor is one who is not a family member, even when family members do step forward to donate.

DO I NEED INSURANCE TO DONATE?

Yes, the hospital requires that you have insurance to be considered as a living donor in the event an unknown health issues comes up for the donor.

WHAT ABOUT MY EXPENSES?

While the patient's insurance covers all costs related to the donation (for the patient and the donor), there are expenses like travel, meals, and lost wages that you may be reimbursed for. There are resources available to ensure you are not paying for anything out of pocket. We can provide more information on those resources, if interested.

WHAT ARE THE REQUIREMENTS TO DONATE?

The following are pre-qualification requirements for living donation: must be between the age of 18-69 years old, must be healthy and free of major health problems such as high blood pressure, diabetes, heart disease, and obesity (BMI of 37 or less), and must be mentally and emotionally healthy.

HOW LONG IS THE RECOVERY PROCESS?

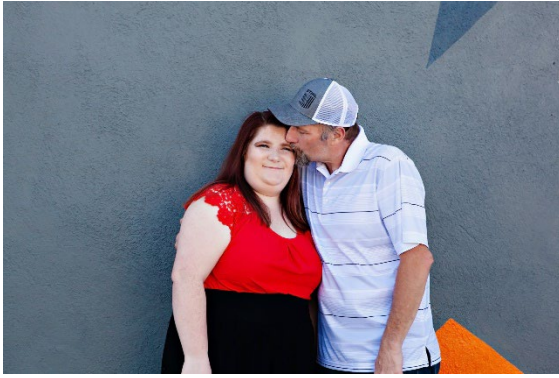
Living kidney donors are often able to return to work within 2 weeks, and fully heal within 6-8 weeks. After surgery, the donor's remaining kidney will also grow in size and function, allowing them to live normal life with just one kidney.

I HAVE NON-MEDICAL QUESTIONS ABOUT BECOMING A DONOR?

Visit [John's kidney website](#) and complete the contact form. Within 1 business day, a donor advocate named Laurie will reach out to you. This is an excellent opportunity to speak with someone who has already donated a kidney and can not only answer your non-medical questions, but share more about their experience as a donor. If you have medical questions, we can connect you to the appropriate team member at the University of Utah Health.

WHAT HAPPENS IF A LIVING KIDNEY DONOR IS NOT FOUND?

The ideal outcome is for John is to find a living donor. He has already battled so much with his kidney disease that being on the kidney transplant waiting list for 3-5 years is simply not ideal. Long-term dialysis is also not ideal as it can lead to a variety of complications such as low blood pressure, injection site infection, and blood clots.



WHAT ELSE CAN I DO TO HELP?

1. Share John's story with those you know. Send them the [link to his website](#) or share this brochure.
2. Follow [John's kidney Facebook page](#). This page will educate interested donors and allow us to reach more people. You can help by sharing John's Facebook page with your family and friends. Doing so will make a huge difference.
3. "Like" and "Share" the posts on [John's kidney Facebook page](#). The more the posts are shared, the more people we will reach, and the better chance we will have of finding John's living kidney donor.

Please know that we are so grateful for your support. We appreciate your help, prayers, and kind words as John continues his transplant journey.