

VAL 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. **Thank you for your courage and compassion!**

UPDATES

In her mid-to-late-thirties, it was discovered that Val had lumps in her kidneys as well as enlarged kidneys. A short time later, it was determined she had PKD. Her PKD was discovered accidentally, and she simply managed the disease until the beginning of this year where, during an appointment, Val's blood levels were noticeably different. She was told by her nephrologist to prepare for dialysis. However, Val told her medical team she did not want to start dialysis and chose to pursue kidney transplantation instead. Val has started the transplant screening process and was informed that she would need to find a living kidney donor.

WHY A LIVING DONOR?

With a living donor, Val can get her 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 than a deceased donor and there is a lower chance Val's immune system will attack her new kidney (rejection).



ARE YOU INTERESTED IN DONATING?

YES! I'M INTERESTED

If you are interested in becoming Val's living kidney donor, please visit www.yourgiftworks.com/valb 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 [Val's kidney website](#) and 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 [Val's kidney Facebook page](#) and sharing posts from her 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 Val's courageous donor.

COMMON QUESTIONS AND ANSWERS

WAS VAL'S FAMILY TESTED?

Unfortunately, the kidney disease (PKD) that Val has is genetic, which means several of her close family members already have it or could have it. Therefore, they are not eligible to donate to Val. It's important to know that, in some cases, the best living donor is one who is *not* a family member.

DO I NEED INSURANCE TO DONATE?

While Val's insurance will provide coverage for the donor's testing and surgery, the donor needs to have their own health insurance in the rare event any unknown health issues come up for the donor.

WHAT ABOUT MY EXPENSES?

While Val's insurance covers all costs related to the donation (for Val and the donor), there are expenses like travel, meals, and lost wages that Val can legally reimburse you for. There are also additional resources available to ensure you are not paying for anything out of pocket. We can provide more information about those resources upon request.

WHAT ARE THE REQUIREMENTS TO DONATE?

The following are pre-qualification requirements for living kidney donation: must be in good physical and mental health, at least 18 years old, and have a body mass index (BMI) that is less than 35. Must be free from uncontrolled high blood pressure, diabetes, active cancer, active infection, and certain other medical conditions as determined by the medical team.

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 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 Val'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 Northwestern Medicine.

WHAT HAPPENS IF VAL DOES NOT FIND A LIVING KIDNEY DONOR?

The ideal outcome for Val is to find a living donor. She has already battled so much with her kidney disease. Long-term dialysis is not ideal as it can lead to a variety of complications such as low blood pressure (which causes dizziness), blood clots, and even death.



WHAT ELSE CAN I DO TO HELP?

1. Share Val's story with those you know. Send them the link to her website (www.yourgiftworks.com/valb), email or hand out this flyer, or mention her need for a kidney and her website url on your Facebook page.
2. Follow Val's kidney Facebook page and SHARE post from that page. It will help us reach more people.

Please know that we are so grateful for your support. We appreciate your help, prayers, and kind words as Val continues her transplant journey. Val specifically asks for your prayers!