



Consider this ...

What is impossible in your life now that receiving a transplant could make possible again?

Did you know that a kidney transplant may:

- Extend your life and improve your quality of life?
- Make you feel better, with more energy and increased mobility?
- Reduce your dietary restrictions?

Common myths to know and avoid:

- *I'm too old to be transplanted.*
 - Not true! The age limit varies between transplant centers.
- *It takes too much time to get transplanted.*
 - Yes, there can be a waiting period, but there are other options.
- *I can't change my mind; I told the staff a year ago I wasn't interested.*
 - You can always change your mind! *It's never too late.*

Thinking about transplant? Here are a few important tips to consider:

- Focus on the positive outcomes of a transplant.
- Ask questions, lots of them!
- Look for and request resources.
- Don't hesitate to ask your dialysis team to help you with starting and/or completing the transplant evaluation process.
- Take baby steps by keeping your eye on one step at a time, not the entire process.
- Remember, you are considered a transplant candidate until the transplant center rules you out!

Look for more information about transplantation to be coming soon!

Network 15 will be working with your clinic over the next year to provide as much information as possible to staff and patients about the great things that can come from a transplant. In the meantime, explore [Talking About Transplantation: What Every Patient Needs to Know](#). This document from the United Network for Organ Sharing (UNOS) provides more information on transplantation for patients.

To file a grievance, please contact ESRD Network 15 at: 1.800.783.8818, or by mail at HSAG: ESRD Network 15, 3025 South Parker Road, Suite 820, Aurora, CO 80014 <https://www.hsag.com/en/esrd-networks/esrd-network-15/>.