

Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved. Psalm 55:22

Dear St. Paul's Family

This letter is challenging, so I'll get straight to the point. One of our precious fellow parishioners is suffering from severe kidney disease, and the situation is becoming increasingly urgent. Over time, this individual's condition has worsened, resulting in the kidneys not functioning well enough to sustain life. The treatment options are limited to dialysis or a kidney transplant.

Regular dialysis treatments, usually conducted three times a week for four hours, help the kidneys perform their functions.

Nevertheless, a transplant would offer greater freedom and the chance to lead a longer, healthier, and more typical life. Moreover, a transplant would allow for more time to support one's family and friends. However, finding a kidney for a transplant is difficult. Just ask the over 100,000 people on the waiting list for a deceased donor kidney. Time is of the essence. Some individuals wait for years, and many die while waiting. The average wait time for a kidney from a deceased donor exceeds five years. However, there is an alternative: receiving a kidney from a living donor.

While it's a difficult request, asking a family member or friend to consider donating a kidney significantly increases the chances of a successful transplant. A living kidney donation often lasts longer and functions better, offering the recipient a chance at a healthier life.

You may not be familiar with living donation. Naturally, some people are concerned about the surgery and what it means to live with one kidney. Here's some basic information about kidney donation:

- You only require one kidney to live a healthy, long life. Most donor surgeries are performed laparoscopically, which involves making tiny incisions.
- The recovery period is generally quick, usually lasting around two weeks.
- The recipient's insurance will pay for your evaluation and surgery.
- You will have a dedicated team of healthcare professionals assessing your eligibility as a living donor. Their role is to help you understand the risks and benefits while ensuring your best interests are prioritized.

You can also learn about living donations on the National Kidney Foundation (NKF) website at www.kidney.org/livingdonation, by calling NKF's free and confidential helpline at 855. NKF.CARES (855.653.2273), or by emailing nkfcare@kidney.org. If you wish to speak with someone who has already donated a kidney, NKF can assist you with that, too. Remember, you're not alone on this Journey.

Thank you for taking the time to read this message. If you are considering kidney donation, I am here to assist you in connecting with the right people to determine if you are a suitable match. Your potential donation could be a life-saving gift.

However, I understand that living donation may not be suitable for everyone, but you can still help! Your support can make a significant difference in the life of a member of our church family. By sharing this story with everyone you know, you can inspire others to consider supporting those on the waitlist. We also hope to welcome an expert to our Sunday service soon who can educate us about kidney donation.

God bless you,

Jo Ann Newton, Senior Warden

St. Paul's Episcopal Church, Pomona