Visit houstonmethodistlivingdonor.org to become a living kidney donor.
What is kidney failure?
Most diseases and conditions that affect kidney function — such as diabetes, high blood pressure, immune system diseases or genetic illnesses — do so slowly and silently. Eventually, the kidneys lose their ability to filter waste from the blood, leading to chronic kidney disease (CKD) and, ultimately, kidney failure.

How is kidney failure treated?
If their kidneys begin to fail, patients eventually need treatment to replace kidney function. Kidney transplant is a surgery that involves transplanting a healthy kidney from a living or deceased donor into a patient. Living donor kidney transplant is the first line treatment option for kidney failure.

Why living donation?
With living donation, patients can avoid dialysis — or shorten time on it — adding years and quality to their lives. Houston Methodist encourages all patients to find a willing living donor. Living donor transplants help dramatically reduce wait times — from years to just months — and they last twice as long as deceased donor transplants.

Despite the benefits of living donor transplant, patients often are their own roadblock. They hesitate to ask for help out of concern for their donor. In fact, donating a kidney is safe, and thousands of these procedures are performed each year.

What if I am not a match?
If you try donating to someone you know, but have a different blood or antibody type, you might still be a hero through the paired kidney donation program.

How does paired kidney donation work?
Paired donation kidney transplants are initiated by one willing donor and ultimately can save the lives of at least two patients in need, as seen in the diagram to the right. If you and your loved one are not compatible, or if you are a better match for someone else, you can initiate a chain of lifesaving transplants by donating to a stranger. In turn, your loved one will receive a better-matched kidney from another willing donor.

A good Samaritan donor may also start a transplant chain by volunteering to donate to anyone who is a match and creating a new pool of compatible donors.

Using advanced computer software, we identify the most compatible and highest number of transplant matches among our patients.

WHOSE HERO WILL YOU BE?

“Organ donation is perhaps the greatest gift one human could offer another. Literally giving a piece of yourself in order to save another person’s life – it is remarkable.”

A. Osama Gaber, MD, FACS
Director, Houston Methodist J.C. Walter Jr. Transplant Center