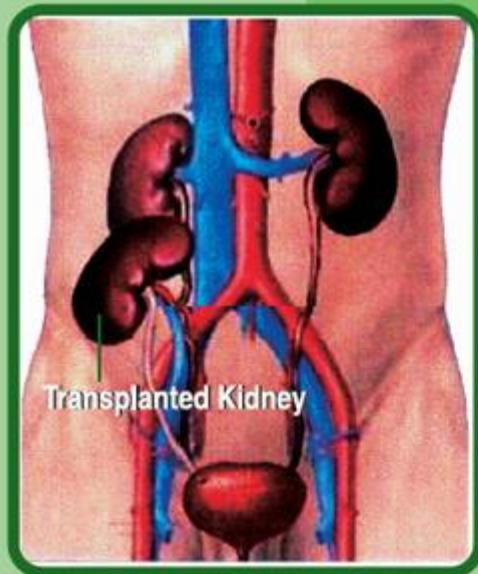


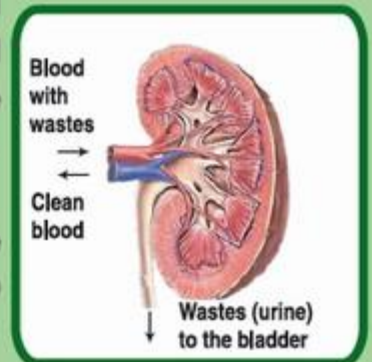
KIDNEY TRANSPLANTATION



NATIONAL KIDNEY
FOUNDATION OF MALAYSIA

How the Kidneys Work?

- Remove waste materials and excess fluids from the blood.
- Filter the blood, retaining some compounds, excreting waste products.
- Help regulate blood pressure, red blood cell count and the amount of minerals in the body.
- Produce active form of Vitamin D for healthy bones.



Kidney Failure

- When your kidneys fail, harmful wastes build up in your body, your blood pressure may rise and your body may retain excess fluids and not make enough red blood cells.
- If kidney damage becomes too severe, your kidneys lose their ability to function normally, this is called Kidney Failure.
- When your kidneys fail, you need treatment to replace the work of your kidneys, e.g. dialysis or kidney transplant.

Kidney Transplantation

- Kidney transplantation is the transfer of a healthy kidney from the donor to a patient with end stage kidney failure.
- The healthy kidney takes over the functions of the nonfunctioning kidneys.
- You can live normally with only one kidney as long as it functions properly.
- The transplantation is a surgical operation, the surgeon places the new kidney in the abdomen and attaches it to the artery that supplies blood to the donor's kidney and to the vein that carries blood away from the kidney.
- The kidney is also attached to the ureter, which carries urine from the kidney to the bladder.



Transplantation Advantages

- Improves lifestyle, better quality of life.
- No dialysis needed.
- Less diet and fluid intake restriction.
- Fewer hospital visits after the first few months.

Transplantation Disadvantages

- Risk of transplant rejection.
- Requires regular life-long medication.
- Side effects of medication.



Post Transplant Care

- The body's immune system is designed to keep the recipient healthy by sensing "foreign invaders", such as bacteria, and rejecting them. But the immune system will also sense that the new kidney is foreign.
- To keep the body from rejecting it, you'll have to take drugs that turn off, or suppress your immune response.
- You may have to take two or more immunosuppressants (anti-rejection medications) as well as other medications to treat other health problems.

Side Effects of Immunosuppressant

- Immunosuppressant may weaken your immune system, which can lead to infections, especially the first few months after transplant.
- In the long term, there maybe an increased risk of certain types of cancer.
- Some immunosuppressants may worsen diabetes, high blood pressure and bone disease, but all these can be easily controlled.

Types of Kidney Donor

- Living related donor
 - Immediate family member
- Emotionally related
 - Spouse
- Cadaveric donor
 - Donation after death



This is a public service provided by the National Kidney Foundation of Malaysia. All information is intended for educational purpose only. Please consult your doctor for further information.

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