

Template for letter, email or social media post.

Kidney specific

Please share to help ____

My name is/My person's name is. I am/they are living with end-stage kidney failure. For the past four years, he's been connected to dialysis machines 3x per week for four hours to clean his blood. He needs a living kidney donor of xx blood type(s) to donate in Toronto. If you are not a blood match, you can still participate in the Kidney Paired Donation Program.

While we are born with two kidneys, a healthy person can live a normal, healthy life with just one.

Joe is on the waiting list for a deceased donor. But there aren't enough organs for everyone on the transplant list. If a living donor steps forward to donate to Joe, he'll get off the list for a deceased donor and everyone behind him will move up by one. The living donor will save two lives!

Joe needs a donor who is 18 or older. There is no upper age limit. Thanks to the national Kidney Paired Donation program, a donor does not need to be the same blood type as Joe to save his life.

You don't need to be related or from the same background. Someone who is not eligible to donate blood may be eligible to donate a kidney, because the criteria are different.

We have spoken to friends and relatives during the past few years. Someone recently applied and was screened, but was not a match. So, we are still searching.

Joe went to university in Italy, where he qualified as a doctor. He has also worked in real estate development. Before Joe got sick, we enjoyed travelling. Because he's on dialysis every couple of days, Joe hasn't seen his family overseas in years. Joe is a huge Manchester United football fan and a supporter of the Australian National cricket team. Joe loves his dog and spending time with family.

As I write this, I feel a mix of emotions — a sense of urgency, anxiety and hope. I never imagined that I would have to reach out for help in such a public way. But when a loved one's life hangs in the balance, one's reluctance to step out of the comfort zone fades away. I have seen firsthand the toll that a serious illness can take on a person, physically and emotionally. It's heart-wrenching to witness the pain and frustration that comes with a

deteriorating health condition. I believe that by sharing our story, we can make a difference in the lives of many, and maybe even find a miracle.

To learn more about living kidney donation, visit the Living Kidney Donor Program: https://www.uhn.ca/Transplant/Living_Donor_Program/Pages/living_kidney_donor.aspx. To apply to be a donor, please fill out the application form which is a 12-page health history here:

https://www.uhn.ca/Transplant/Living_Donor_Program/Documents/Living_Donor_Health_History_Form.pdf You must provide proof of blood type, either from your blood donor card, or through a family physician. The form asks Joe's full name (Joseph Kidney) and date of birth (June 1, 1999).

The transplant would be at Toronto General Hospital. If someone in another city would like to donate, some of the testing could be done in the potential donor's hometown. The cost of the donor's testing, surgery and hospital stay is covered by our healthcare system. Additionally, the Program for Reimbursing Expenses of Living Organ Donors reimburses travel, accommodation and food expenses as well as time off work. Up to \$6,000. Visit: https://www.giftoflife.on.ca/resources/pdf/Post_April_1_2021_PRELOD_Brochure.pdf

The UHN Centre for Living Donation hosts free weekly on-line information sessions for donors, recipients and caregivers. For the next Potential Living Kidney Donors information session and information for others, please visit <https://givelifeuhn.eventbrite.ca>

To view stories from across Canada about living kidney donors and recipients, visit www.greatactions.ca

If you'd like answers to any questions about living kidney donation, contact:

Centre for Living Organ Donation at UHN

Phone: 416-340-5400

Email: livingorgandonation@UHN.ca

Website: <http://www.livingorgandonation.ca>

You can ask questions anonymously to learn more about living kidney donation. Communications between a potential living donor and donor team are confidential and not shared with the recipient.

Please share this with anyone you know who might be willing to help. We will need someone brave and generous to give the gift of life.

Thank you so much to anyone who applies and spreads the word. We are all deeply grateful to you.