

A Patient's Perspective: From Peritoneal Dialysis to Transplant

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American Kidney Fund Ambassador

About me

- 58 years old
- Live in Woburn, MA
- Chemical engineer technologist
- Enjoys travel
- AKF Ambassador



My kidney disease story

Early 1980s



**Diagnosed
with IgA
nephropathy**

1985



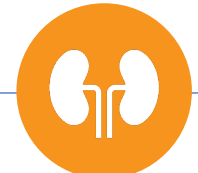
**Started
restricted diet
and BP
medicine to
stabilize kidney
function**

2015



**Started
peritoneal
dialysis**

2020



**Got a kidney
transplant in
February**

Challenges I face as a transplant patient

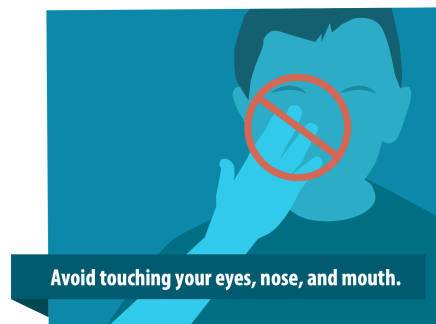
- Recovery from transplant surgery is taking longer than expected 4 weeks
- Part of high-risk group for severe COVID-19 illness
- Currently taking anti-rejection and immuno-suppressant medication
- Must leave the house for essential trips to lab and other doctor appointments

How I stay safe during recovery

- Rarely leave home unless I have to
- When leaving home:
 - Stay clean shaven
 - Wear a form-fitting mask
 - Wear latex gloves
 - Disinfect items and surfaces I touch when I return
- Go for walks on routes where I won't run into others
- Order groceries and let items “air out” once delivered
- Keep taking all medications as prescribed and going to all appointments

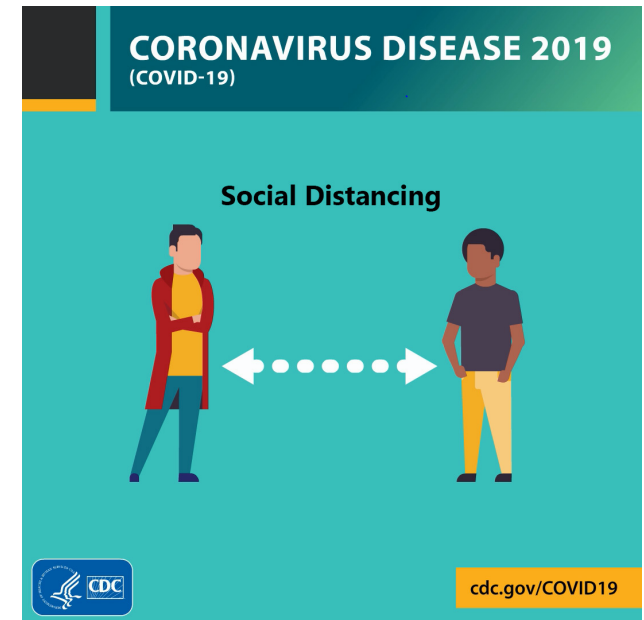
Tips for dialysis patients

- If on home dialysis, save your consumables for home treatments if you have a limited supply
- Make your own mask or order masks online
- If you can't find gloves, avoid touching your face and use sanitizer/ wash hands frequently
- If you can't find the usual products, consider other products that safely disinfect and sanitize



Tips for dialysis patients

- If on home dialysis, keep following the thorough sanitizing routine you learned from training at your center
- Take extra care to stay safe
- **“The call”** can still come at any time
- It can be challenging but stick with it!



Thank You!

