



NATIONAL DONATE LIFE MONTH

NEED A DONOR? FIND A SPARE!

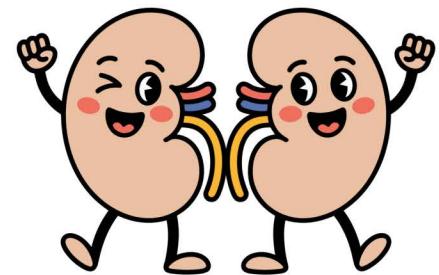
April is National Donate Life Month, and nearly 85% of people on the organ transplant waitlist are hoping for a kidney. Kidneys are needed more than any other organ!

DID YOU KNOW:

- You and your donor don't have to share the same ethnicity; you don't even have to be related!
- Living donor kidney can last 12-20 years or even longer!
- Some people are willing to donate their kidney to a complete stranger!

Being on dialysis is hard enough, but ASKING for a kidney is even harder! Helpful tips on how to ask someone to share their spare include:

- Be confident and comfortable talking about your need with others.
- Share your story with family, friends, neighbors, church members, or local newspapers.
- Share on social media such as Facebook or Twitter. One message or post can reach so many!



For more helpful tips speak with members of your healthcare team and transplant center!

