



The Medical **Bulletin**

In Nephrology

- Kidney transplantation is the best option of patients with end stage kidney disease (ESKD).
- Quality of life improves after transplantation and the survival is good.
- Women can bear children after kidney transplantation and can have normal family life.
- Around 15000 Kidney transplants are carried out in India every year
- Approximately 2 lakh individuals develop ESKD in India every year. Thus there is a big disparity between organ demand and supply.
- Kidney transplantation can be done from live or deceased donor.
- Living donors can be related donors i.e., parents, grandparents, siblings, or children. Spousal donors are another important source of kidneys. In India most of the living donors are females and most of the recipients are males.
- Living donors need to be medically fit and the generally accepted age is 18-65 years.
- Diabetic donors are generally excluded but well controlled hypertensive donors on single anti-hypertensive drug can donate.
- Living unrelated donors can also be accepted but such transplants must be cleared by authorization committee in the state to prevent organ trading and commercialization.
- Deceased donor transplants can be done from brain dead donors (heart beating) or from donors after circulatory death (where cardiac function ceases). Brain death is declared by neurologists, neurosurgeons, anesthesia, or intensive care team in patients on ventilator in the ICUs after testing for brain stem reflexes and apnea test.
- We all can pledge to donate our organs after death. One person can save the lives of 8 people by donating kidneys, liver, heart, pancreas, lungs etc after death.
- Information about Kidney transplants and other transplants can be found on NOTTO website. NOTTO is National Organ Transplant and Tissue organization.
- Knowledge about organ donation is mandatory for all irrespective of our specialty as we need more awareness about organ transplants, and we need to educate the public about option of organ donation.

‘Be an organ donor, there is no greater service to mankind’

Dr. Manisha Shahay