

Hello to My Dear Family and Friends,

Many of you may not be aware that, sadly, I am experiencing kidney failure. Last year I was diagnosed with end-stage renal disease and in order to survive I must be connected to a dialysis machine for three to four hours, three times per week. While you may think that I shouldn't be worried if dialysis is available to keep me alive, I must tell you that dialysis is not a long-term solution- my health will continually decline and dialysis will not be enough for me to survive.

Today, there are more than 114,000 people on the organ transplant waitlist, with nearly 95,000 waiting for a kidney. The average wait time on transplant waitlists is five years, and while some people on the list will receive a kidney from a deceased donor the vast majority will not. Many deceased donors do not have viable organs, and therefore there is a shortage in organs for transplant.

Finding a living organ donor is my best option for having a second chance at life. What many don't know is that a person can live a full and healthy life with only one kidney. Not only does living kidney donation involve minimal risk to the donor (less than 1% long-term complication risk) it also increases the quality of life of the recipient and has a greater health outcome expectancy than a kidney from a diseased donor.

If you're interested in learning more about living donation, a great resource is the American Transplant Foundation's "Living Donation Guide" on the website (AmericanTransplantFoundation.org). Here you can review statistics surrounding donation, learn more about the process, and read the stories of others who have given the Gift of Life.

This letter is not a call for you to give me your kidney. It is a simple request for you to understand my story and help spread the word about how living donation can save my life and the lives of many others.

Please feel free to share my story with as many people as you'd like. If you or anyone you know has any questions about my situation or transplantation in general, please do not hesitate to contact me at [phone number, email.]

Thank you for taking the time to read my story.

Much appreciation,
[Name]