

### Maintaining Health and Eligibility for a Kidney Transplant

<b>Session Time</b>	March 21 <sup>st</sup> , 2023 from 6:30 PM ET – 7:30 PM ET
<b>Session Description</b>	While kidney transplant is the best treatment for end stage kidney disease, becoming and staying eligible to have a transplant can be a complicated process, and often involves 1-5 years on a waitlist unless a living donor is found. To qualify for a transplant, transplant centers consider multiple factors, including social support, personal finances, and physical and mental health during the wait time. In this session, transplant experts will share about ways to maintain eligibility, including through adjustments to nutrition regime, physical activity, and the importance of attending appointments throughout the different phases of the transplant journey.
<b>Key Learning Objectives</b>	<ol style="list-style-type: none"> <li>1. Discuss factors considered when being evaluated for a kidney transplant</li> <li>2. Share the complicated process of getting on the transplant waitlist and expectations for the transplant process</li> <li>3. Review ways to maintain health and eligibility after evaluation and through transplant</li> </ol>

**Moderator:** Silas Norman, MD, MPH, Nephrologist and Professor of Medicine, University of Michigan

**Speakers:**

- Joseph Keith Melancon, MD, Chief, Transplant Institute and Division of Transplant Surgery at The George Washington University Hospital
- Carolyn Feibig, MS, Thoracic Transplant and Advanced Heart Failure Dietitian at INOVA Fairfax Hospital
- Evan Dame, Kidney transplant recipient

**Takeaway Resources:**

- ✓ [AKF – Transplant waiting list webpage](#)
- ✓ [AKF – Life after transplant](#)
- ✓ [UNOS Transplant Living](#)