

Fall 2025

AKT-MP Newsletter

UNM Center for Healthcare Equity in Kidney Disease



Greetings from the AKT-MP Study!



Greetings from the Access to Kidney Transplantation study team! As fall arrives here in New Mexico, we hope the colorful autumn leaves are making your days a little brighter. Please enjoy the seventh installment of our semiannual newsletter.

Read on to learn about project updates, kidney disease resources, and more!

We are investigating different ways to provide support and help expedite the kidney transplant evaluation process at the University of New Mexico Hospital's (UNMH) Kidney Transplant Center. We appreciate your willingness to help us learn about the needs of patients being evaluated for a kidney transplant.

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AKT-MP Study Progress

The AKT-MP Study has officially ended its recruitment phase! This means we are no longer recruiting new patients for the study. We are so grateful to each and every one of our participants for taking part in the study.

To date, 516 participants have completed their first interview. Of the participants who completed their first interview, 221 participants completed their second interview, and 12 participants completed a third interview.

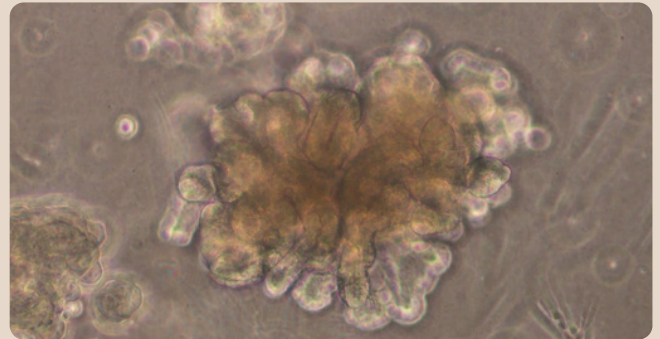


We aim to continue interviews with participants who are already enrolled in the study in the coming months. This will help us learn more about patients being evaluated for kidney transplant so we can help improve the process for future patients.

Remember, you will receive a call from either a 412 area code or 505 area code to complete your next interview!

Israeli researchers grow a mini human kidney in their lab

Scientists at Sheba Medical Center and Tel Aviv University used stem cells from kidney tissue to successfully grow a miniature human kidney, called an organoid. It developed over six months, growing the same way that kidneys develop in the womb, including generating blood filters and urinary ducts. This is the best attempt at lab-grown kidneys so far, since previous trials only lasted a few weeks and became contaminated with non-kidney cells. This breakthrough will allow for better research on kidney birth defects, testing the impact of medication on kidneys, and possibly using lab-grown kidney tissue for transplant or repair in the future.



Human fetal kidney cells
(photo credit: COURTESY/SHEBA MEDICAL CENTER)



Scan to learn more!

<https://www.shebaonline.org/worlds-longest-lived-human-kidney-organoid/>

2025 New Mexico Kidney Walk a success!

The 2025 New Mexico Kidney Walk raised more than \$50,000 and counted 475 participants at North Domingo Baca Park on June 1st. About 80 cents of every dollar donated goes to research, patient services, professional education, public health education, and community services.

<https://www.kidney.org/events/kidney-walk/2025-new-mexico-kidney-walk>



Scan to learn more!



Kidney Resources

American Kidney Fund: New resources in the Kidney Health for All campaign

The American Kidney Fund has just launched new resources in the “Kidney Health for All” campaign. Their goal is to spark conversations about kidney health and help people make the best health care decisions for their needs. The resources are available in English and Spanish and focus on topics such as home dialysis, clinical trials, organ donation, and more.

New resources include:

- **Empowering Choices: Your guide to making the best dialysis decisions for you:** This tool helps you understand different dialysis options (including home dialysis), the pros and cons of each option, and how to choose the best dialysis treatment for you.
- **Talk with your doctor about clinical trials:** This guide includes information on what clinical trials are, why you should join them, questions to ask your doctor, and tips to check your understanding. It has a section for taking notes, too!
- **Get empowered to talk to your doctor:** This video is designed to help patients feel confident about talking with their doctor and know which questions to ask during visits.
- **Organ and Tissue Donation: Myths Debunked.** This resource explains the facts of organ and tissue donation and debunks common myths.
- **Genes to Generation: Know your family's health history.** This guide helps you complete your family's health history. It gives tips on speaking with family members about their health history and creating a family health history chart.



Scan the code to access the resources highlighted on this page



Resources available at: <https://www.kidneyfund.org/kidney-health-for-all>

Kidney Word Search

N S P R T V A F E D L R M A D H N Z D H
 I U J E N R N C P U V N Z J I A G Q A N
 Q S G H G V G D Z L C N T X A L D O F X
 C G D U L G M M C J N J B H L B S B T N
 H K P R O T E I N R X Z U Z Y U K H E P
 Z G N U M J G Q R H E U R I S M S C M D
 A C T K E T I B E N V A E V I I Y S N U
 N F H V R Y V O N X Z R T X S N O K Z I
 G V L A U K O D A P O K H I N T L K V B
 Z D U C L W S K L U D E R F N H R I V D
 O A V C U D G T F H B D A K D I Y D D A
 J D W E S J K S F E N H R G G L N N X I
 W M C S A D L G Q Y G H M V F O O E I T
 V C S S M J Y I V H X X T E P A A Y N A
 P T R A N S P L A N T F F I Y I D S T Z
 A A V K M G U X M E W I T N T R R F I M
 Z H F U C N E P H R O L O G Y A E T T E
 J A E G H W R T X G J T Z M U I N C D V
 G H Y D P W V W W K C E H B K W A O P H
 P M B S C O X G A T Y R F F A C L O C V

CREATININE	GLOMERULUS	NEPHROLOGY	VEIN
TRANSPLANT	DIALYSIS	ADRENAL	
ALBUMIN	PROTEIN	KIDNEYS	
ACCESS	RENAL	URETHRA	

Find the answers on the last page!

FALL SELF-CARE CHECKLIST

BODY

- Take a short walk outside and notice the fall colors
- Try a warm, kidney-friendly soup or dessert
- Dress in cozy layers to stay warm during early morning appointments
- Keep up with your meds and track your blood pressure

MIND

- Write down any questions for your next transplant visit
- Listen to a calming playlist or podcast
- Journal one thing you're grateful for each week
- Read a comforting book or magazine

LIFE

- Organize your medical paperwork or create a transplant binder
- Schedule your flu shot if you haven't yet
- Make one goal for the season (big or small!)
- Celebrate the small wins in your transplant journey

HEART

- Call or text a loved one—just to say hi
- Join a support group or patient education session
- Light a fall-scented candle or make your space cozy



Cinnamon Apples Recipe

Prep time: 5 min

Makes: 4 servings

Cook time: 7 min

Serving size: ½ cup

Apples can add fiber to a diet without extra potassium – so this is the perfect dessert for those of us who are on a strict low potassium diet. The apples are also delicious for breakfast served over oatmeal, pancakes, waffles, or granola.

Ingredients

- 1 tablespoon vegan butter
- 4 medium apples, peeled, cored, and cut into eight wedges
- 1 teaspoon ground cinnamon
- ¼ cup of water
- 1 tablespoon Greek or frozen vanilla yogurt (optional)

Instructions

1. Heat the butter in a large sauté pan over medium heat.
2. Add the apples and cinnamon and stir to coat.
3. Add the water and reduce the heat to a low simmer. Cook the apples until tender, 5–7 minutes.
4. Cool slightly and serve warm apples over Greek or frozen yogurt (if using).

Recipe courtesy of: <https://kitchen.kidneyfund.org/recipe/stewed-cinnamon-apples/>

Ron Shutiva



Photo Credit: Shannon R. Stevens
Native American Professional Photographer
Laguna Pueblo/Hopi
www.srs.photos

Professional Background

I retired last year from the New Mexico Department of Transportation in which I served as the Native American Tribal Liaison for 18 years.

I am also a former Governor for the Pueblo of Acoma. This is an appointed position by our tribal religious leaders. I was Governor for three consecutive terms.

Personal Medical Background

I was officially diagnosed as having Type 2 diabetes in 1989. I received medical services through the Indian Health Services. Unfortunately, in January 2019, I had kidney failure and started dialysis treatment for 3 years and 8 months until I had my kidney transplant on September 30, 2023. Dr. Pooja Singh, University of New Mexico Hospital nephrologist, provided me wonderful support and encouragement while I awaited my kidney transplant. Dr. Singh had always stated to me that I was an "ideal patient" which I believe is why she referred me to participate in the AKT Study. I gladly accepted this invitation and opportunity to provide support to others that are going through the same process that I experienced. I would like to express my gratitude to this program that provides support for individuals awaiting a kidney transplant.

Research Team Contact Info

Phone: (505) 633-3228

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You are participating in a research study: What does that mean?

The name of the research study is
AKT
(Access to Kidney Transplant)



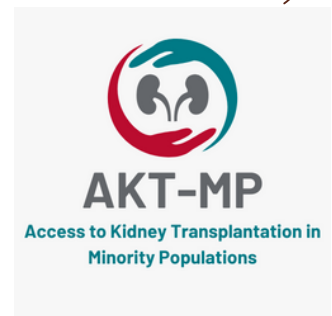
You will receive all your **regular** health care

The research team is **not the same** as the clinical team

You will **also** get extra support only available to research participants

Word Search Puzzle Solution

N	S	P	R	T	V	A	F	E	D	L	R	M	A	D	H	N	Z	D	H
I	U	J	E	N	R	N	C	P	U	V	N	Z	J	I	A	G	Q	A	N
Q	S	G	H	G	V	G	D	Z	L	C	N	T	X	A	L	D	O	F	X
C	G	D	U	L	G	M	M	C	J	N	J	B	H	L	B	S	B	T	N
H	K	P	R	O	T	E	I	N	R	X	Z	U	Z	Y	U	K	H	E	P
Z	G	N	U	M	J	G	Q	R	H	E	U	R	I	S	M	S	C	M	D
A	C	T	K	E	T	I	B	E	N	V	A	E	V	I	I	Y	S	N	U
N	F	H	V	R	Y	V	O	N	X	Z	R	T	X	S	N	O	K	Z	I
G	V	L	A	U	K	O	D	A	P	O	K	H	I	N	T	L	K	V	B
Z	D	U	C	L	W	S	K	L	U	D	E	R	F	N	H	R	I	V	D
O	A	V	C	U	D	G	T	F	H	B	D	A	K	D	I	Y	D	D	A
J	D	W	E	S	J	K	S	F	E	N	H	R	G	G	L	N	N	X	I
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V	C	S	S	M	J	Y	I	V	H	X	X	T	E	P	A	A	Y	N	A
P	T	R	A	N	S	P	L	A	N	T	F	F	I	Y	I	D	S	T	Z
A	A	V	K	M	G	U	X	M	E	W	I	T	N	T	R	R	F	I	M
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G	H	Y	D	P	W	V	W	W	K	C	E	H	B	K	W	A	O	P	H
P	M	B	S	C	O	X	G	A	T	Y	R	F	F	A	C	L	O	C	V



Other Contacts



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Return Service Requested

Thank you for participating in the AKT study!



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Have a question about your evaluation?