



**AKT-MP**

Access to Kidney Transplantation in  
Minority Populations

Center for Healthcare Equity in Kidney Disease

# Access to Kidney Transplantation Study

Fall 2022 Newsletter



**Study Welcome**

## WELCOME to the AKT-MP STUDY

**Study Progress**

Greetings from the Access to Kidney Transplantation study team! We hope you and your loved ones are enjoying the colorful change of seasons. Please enjoy the first installment of our semi-annual newsletter that includes an update on our project, kidney transplant resources, and more.

**Kidney Transplant  
Fast Facts**

For this study, we are recruiting patients scheduled for kidney transplant evaluation at the University of New Mexico Hospital's (UNMH) Kidney Transplant Center. Your participation in this study will help us to understand how to serve the needs of future patients being evaluated for kidney transplant.

**New Mexicans and  
Kidney Disease**

**Staff Spotlight**

## AKT-MP STUDY PROGRESS

To date, 167 patients have agreed to participate in our study, and 141 participants have completed their first interview. Of the participants who completed their first interview, 8 participants also completed their second interview, and completed their participation in our study.

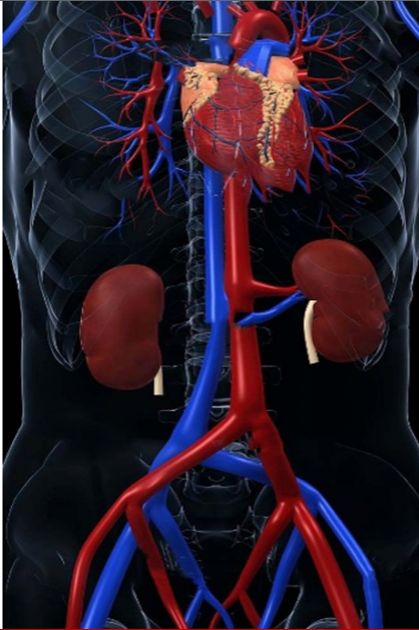
**Book Recommendations**

Our goal is to recruit and interview 233 more patients to become participants in our study. Study participants come from all over the state of New Mexico, and some from Arizona, to be evaluated for kidney transplant at UNMH. Your participation in this study is greatly appreciated, and we hope you enjoy reading more about kidney transplantation and transplant resources in New Mexico.

**Kidney Transplant Word  
Search**

**Contact Information**

## Kidney Transplant Fast Facts



- In the United States, more than 30 million adults have kidney disease.
- Of those with kidney disease, more than 600,000 people need dialysis or a kidney transplant.
- About 95% of transplanted kidneys survive the first year after transplant.
- UNMH has been doing kidney transplants for over 45 years.
- UNMH transplanted over 50 people in 2021.

## New Mexicans and Kidney Disease

### New Mexico Kidney Walk

On June 5th, 2022, New Mexican's from across the state gathered in solidarity to support those with kidney disease. The New Mexico Kidney Walk is sponsored by the National Kidney Foundation (NKF), a leader in increasing kidney disease awareness, education, and connection among those with kidney disease. This year's kidney walk raised over \$27,000, which will be donated to kidney disease research efforts, education efforts, and community services.

To learn more about the New Mexico Kidney Walk, visit the NKF website at, [www.kidneywalk.org](http://www.kidneywalk.org)

### New Mexico Kidney Fund (NMKF)

The NMKF offers assistance to New Mexican's with kidney disease. The NMKF website has information on dialysis treatment options, pre-transplant evaluation, and more. Visit the NMFK website at, [www.nmkidney.org](http://www.nmkidney.org), for more information.

### University of New Mexico Hospital Transplant Center

The UNMH Transplant Center website has information on living and deceased kidney donation, commonly asked questions and more. Visit their website at, [www.tinyurl.com/bdhs9e9h](http://www.tinyurl.com/bdhs9e9h)



## Staff Spotlight

### Helen Nielsen, Peer Navigator

Mrs. Nielsen is a native New Mexican, born and raised in Albuquerque, New Mexico. On her mother's side, many family members have suffered from Polycystic Kidney Disease (PKD). Over 50% of Helen's family has been diagnosed and undergone treatment for PKD, including Helen. She was diagnosed with PKD in her late 20's. In 2015, Helen was told she was entering stage 4 of kidney failure and needed to start considering her options. She was able to get a kidney transplant in May of 2018 at UNMH. She says the care she received was amazing, and she feels better than she has felt in years. Her kidney transplant is a gift she cherishes every day. The best part of having a transplant is that she can be more active with her 4 stepchildren and 4 grandchildren. Helen was happy to be a peer navigator to others going through their own journey to get a kidney transplant. Not every scenario is the same, but at the root of the process is wanting to feel better and live a more fulfilling life. It has been a rewarding experience to speak with other patients about their stories and the path they are on to get a kidney transplant. Helen hopes her own experience can contribute to someone else's decision to keep doing all they can do to achieve the goal of getting a kidney transplant.

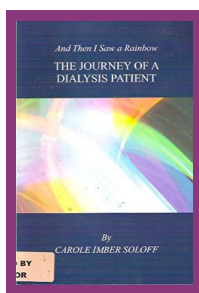


### Pooja Singh, MD

Dr. Singh is the Medical Director of the Transplant Nephrology Program at UNMH, the Medical Director at the Rio Rancho DCI, and the Primary Transplant Physician for UNMH. She is also an Associate Professor in the Division of Nephrology. Dr. Singh received a BA in Biology, with a minor in Business, from the University of Texas at Austin in 2001, and completed her MD at the University of Texas Medical Branch in 2005. After medical school, Dr. Singh completed a 3-year residency in Internal Medicine, followed by a two-year fellowship in Nephrology at the UNM Health Sciences Center. She is a member of different transplant-specific committees for UNMH and a member of the New Mexico Advisory Board for New Mexico Donor Services. She is also a member of the American Society of Transplantation and the American Society of Nephrology. Dr. Singh has had the opportunity to take care of hundreds of kidney transplant patients, both pre and post-transplantation. She is committed to the transplant program at UNMH and will continue to develop and grow the program so that it can provide the highest quality care to those seeking kidney transplantation.

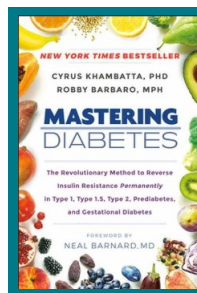


## Book Recommendations



### *And Then I Saw a Rainbow - The Journey of a Dialysis Patient*

A collection of short essays and poems written by a dialysis patient, meant to inspire and give hope to patients throughout their journey to kidney transplant.



### *Mastering Diabetes*

This New York Times best selling book has been featured in dozens of magazines and news networks. This book helps adults with diabetes lower their HbA1c, lose weight, and manage their medications.



**AKT-MP**

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## Kidney Transplant Word Search

Can you find all 15 words related to kidney transplant?

I	T	N	O	I	T	A	U	L	A	V	E	C	A
N	O	I	T	N	E	V	R	E	T	N	I	D	O
H	R	O	T	A	N	I	D	R	O	O	C	S	A
Y	C	R	O	R	G	A	N	D	O	N	O	R	L
I	U	R	R	E	S	O	U	R	C	E	S	I	U
O	R	O	A	D	I	A	L	Y	S	I	S	L	T
A	U	A	N	E	P	H	R	O	L	O	G	Y	S
T	D	A	A	R	S	Y	U	C	T	N	T	U	I
H	Y	P	E	R	T	E	N	S	I	O	N	U	F
A	Y	E	N	D	I	K	R	T	R	O	E	A	R
O	S	U	P	P	O	R	T	L	I	H	C	E	E
C	E	N	H	O	I	W	A	I	T	L	I	S	T
F	N	C	R	E	A	T	I	N	I	N	E	N	F
I	O	H	H	E	A	L	T	H	C	A	R	E	I

RESEARCH  
WAITLIST  
HYPERTENSION  
CREATININE  
EVALUATION  
ORGANDONOR  
INTERVENTION  
COORDINATOR  
SUPPORT  
HEALTHCARE  
RESOURCES  
KIDNEY  
FISTULA  
DIALYSIS  
NEPHROLOGY

Have *research* questions?  
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