



# Access to Kidney Transplantation in Minority Populations Study

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### Greetings from the AKT-MP Study

Hello from the AKT-MP study team! We hope everyone is enjoying the cool weather and warm colors of autumn. Please enjoy the third installment of our semiannual newsletter which includes project updates, kidney disease resources, and more!



### AKT-MP Study Progress

To date, 368 patients have agreed to participate in our study, and 315 participants have completed their first interview. Of the participants who completed their first interview, 78 participants also completed their second interview. We aim to recruit and interview 195 more patients to become participants in our study in the coming months.

We are happy to announce that we received new state funding to study transplant recipients' experience after they receive a transplant! Therefore, we will be conducting a third interview with participants who received a transplant, about one year after their surgery.

Every year, people from across the United States are evaluated for kidney transplantation at UNMH. Your participation in this study will help us learn more about patients being evaluated for kidney transplant so we can help improve the process for future patients.

Continue reading our newsletter to learn about the latest transplant news and resources for New Mexicans.



## Access to Kidney Transplantation in Minority Populations Study

# Transplant Wisdom

*Our Peer Navigators offer their insights after kidney transplant*

### What were your motivators for completing kidney transplant evaluation?

*“I grew up with a disease that has run in my family for many years. I got diagnosed in my early 20's with the understanding that someday I would need a transplant and/or go on dialysis. Having seen the change in lifestyle that dialysis put my family through I was motivated to do everything I could to get a kidney transplant...I have a human angel in my life who donated her kidney to me. **She saved my life.** She is doing great and living a very fulfilling life as well. I thank her every day for the special gift that has allowed me to live life to the fullest!!!” -Helen*

### What was the biggest change in your life after getting a kidney transplant?

*“The most profound change in my life following my kidney transplant has been the **remarkable sense of liberation** and the return to a more normal and enjoyable existence. I've happily resumed playing golf with my friends, returned to work with minimal disruptions, and rekindled an equal and affectionate relationship with my wife.” -Ryan*

*“The biggest change after getting my transplant was **looking forward to a long life with my loved ones and a sense of freedom.**” -Brenda*



# AKT-MP Study Flow

## Start Study



## Kidney News

**New Mexico Kidney Walk:** On June 4th, 2023, hundreds of people gathered in North Domingo Baca Park in Albuquerque, New Mexico, to walk for kidney disease awareness. Kidney transplant recipients, donors, dialysis patients, kidney doctors, and community members from across New Mexico attended the event to raise awareness and show their support. The event raised more than \$20,000 for kidney disease research and treatment for New Mexicans affected by kidney disease.

- To get involved in next year's kidney walk, visit: [www.kidneywalk.org/newmexico](http://www.kidneywalk.org/newmexico)

**National News:** In August, *Time* magazine published an article about kidney disease in outdoor laborers. This form of kidney disease, called Chronic Kidney Disease of nontraditional origin (CKDnt), is thought to be caused by several factors that compound onto one another. These factors include climate change, particularly heat, humidity, and hard labor. People are thought to develop CKDnt by working laborious outdoor jobs that offer little protection from increasing temperatures caused by climate change. To address this issue, the Occupational Safety and Health Administration is working to establish heat safety standards to protect outdoor workers.

- To learn more about CKDnt and to read the full *Time* article, visit: <https://time.com/6303020/chronic-kidney-disease-climate-change/>





## Access to Kidney Transplantation in Minority Populations Study

# Enjoy the Holidays



The holidays are a wonderful time for enjoying the company of friends and family, but it can also be a stressful time for those with kidney disease. To combat holiday stresses:

- **Plan Ahead:** Have your dialysis schedule planned out so you can complete your treatments and feel your best.
- **Reach Out:** The holidays can also be a lonely time. Talk with people at your dialysis clinic or in your neighborhood, as many people with or without kidney disease struggle with loneliness.

## Stay on Track

Watching people enjoy seasonal foods can be difficult, but you can still eat healthy while enjoying festive foods.

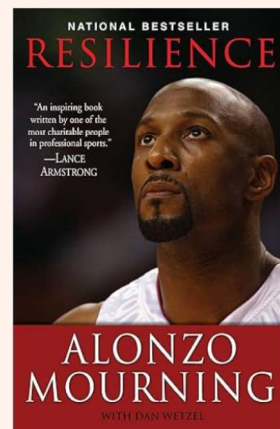
- **Communicate:** Let your family and friends know your dietary restrictions and preferences.
- **Eat balanced meals:** Fill your plate with veggies, fruits, and low-sodium items.
- **Portion sizes:** Enjoy your favorite holiday foods and beverages, but in moderation.

Remember to follow the dietary advice of your kidney care team.



## Book Recommendation

**Resilience:** Alonzo Mourning was an NBA star, Olympic gold medalist, husband, and father, but his world was turned upside down after being diagnosed with a fatal kidney disease. His book, *Resilience*, chronicles his changing health status, career, and efforts to receive a kidney transplant. Mr. Mourning's story and message is one of faith, determination, and triumph as he learns to care for himself and help others who suffer from kidney disease.

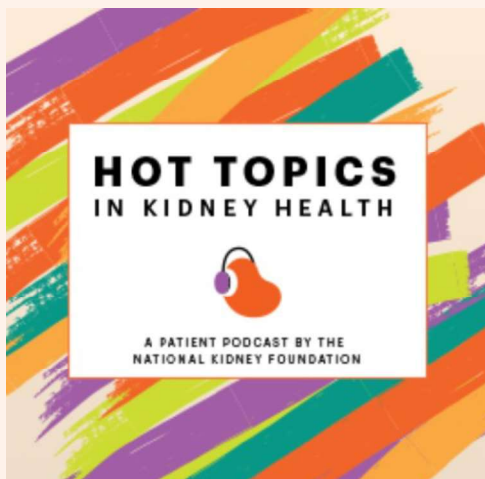


## Podcast Recommendation

**Hot Topics in Kidney Health:** Podcasts are brief audio shows packed with interesting, up-to date information on a variety of topics. The NKF has a podcast titled, *Hot Topics in Kidney Health*, where kidney disease patients and their families can ask questions, share their stories, and learn about ongoing research in kidney disease.

- Subscribe to the *Hot Topics in Kidney Health* podcast on Apple Podcast, Spotify, or Google Podcasts.
- You can also listen to the podcast by visiting:

<https://www.kidney.org/podcasts/hottopics-kidney-health>



## Kidney Friendly Recipes

Website with recipes: <https://aakp.org/center-for-patient-research-and-education/kidneyfriendly-recipes/>



SCAN ME







# Access to Kidney Transplantation in Minority Populations Study

## Staff Spotlight

### Peer Navigator: Donna Carrasco



I had my kidney transplant in 2016. I was on peritoneal dialysis (PD) for 3 years prior to undergoing transplant. In 1982, I found out I was born with one kidney. I worked the entire time during PD and my transplant. It was and still is a challenge to keep up with all the meds, labs and appointments, but I feel so much better since my transplant. I know how scary kidney disease can be. My experiences allow me to help others fear kidney disease just a bit less, making me a perfect Peer Navigator.

#### Fun Facts About Donna

- ***Favorite activity:*** Spending time at home with my family and dogs
- ***Favorite tradition:*** I love decor for the Christmas holiday. I usually spend several days decorating indoors and outdoors with all the decorations.
- ***Favorite foods:*** Pozole, tamales and sugar cookies

#### What were your motivators for completing kidney transplant evaluation?

*“As for the motivation for completing the transplant, I did not want to continue to be sick so I decided a transplant was my only option.”*

#### What was the biggest change in your life after getting a kidney transplant?

*“I didn’t realize how sick I really was because I feel so much better since my transplant. There are so many more changes in my life I don’t think I can list them all but a few that are the most important that come to mind immediately are; I am no longer on dialysis, I can travel easier, eat a more varied diet, have more energy, started walking daily. Lastly I really do watch my fluid intake and drink a lot more water and eat healthier.”*

# Transplant Games Of America

Produced by the Transplant Life Foundation, the Transplant Games of America is a bi-yearly event in celebration of organ donors, recipients, caregivers, and their families. People impacted by various forms of transplantation from across the globe gather at the Transplant Games of America to compete in events, win medals, and show their support for one another. The next Transplant Games will be held from July 5th-10th of 2024 in Birmingham, Alabama.



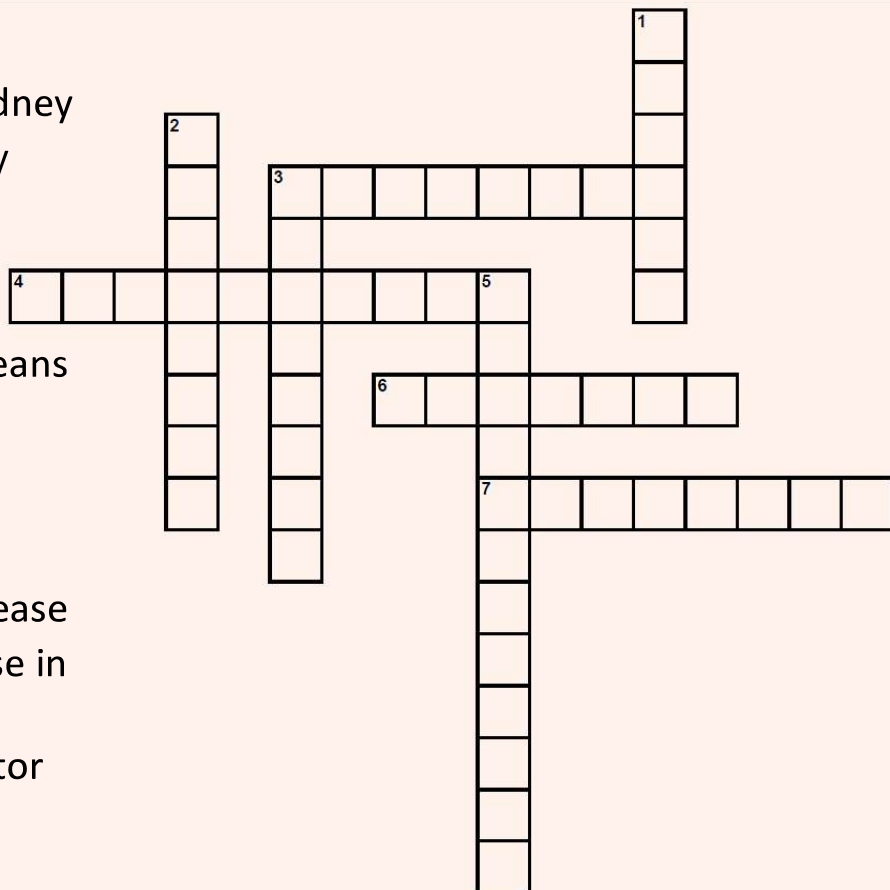
## Kidney Crossword Puzzle

### Across

- [3] The process of giving a person a kidney
- [4] Determining if you can get a kidney transplant
- [6] Receiving help from those around you
- [7] Being part of the AKT-MP study means you are participating in \_\_\_\_\_.

### Down

- [1] The organ you need transplanted
- [2] A form of treatment for kidney disease
- [3] Disease that affects insulin response in the body
- [5] Another name for your kidney doctor





**AKT-MP**

Access to Kidney Transplantation in  
Minority Populations



Have *research* questions? Contact AKT-MP Study Staff:



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- UNM has 13 dialysis centers spread across the state of New Mexico.
- UNMH began performing kidney transplants in 1975.
- More than 50 kidney transplants are performed every year.
- To learn more about the UNMH Transplant Center, visit: [unmhealth.org/services/kidneycare/transplant-services.html](http://unmhealth.org/services/kidneycare/transplant-services.html) or scan this QR code:



**Crossword Answers**

Across:

[3] Donation

[4] Evaluation

[6] Support

[7] Research

Down:

[1] Kidney

[2] Dialysis

[3] Diabetes

[5] Nephrologist

**UNMH Transplant Center Fun Facts**