

Fall 2024

AKT-MP Newsletter

UNM Center for Healthcare Equity in Kidney Disease

Greetings from the AKT-MP Study!

As New Mexico transitions into fall, we hope you are all enjoying the warm autumn colors and the cooler weather. We hope you enjoy the fifth installment of our semiannual newsletter.

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



AKT-MP

Access to Kidney Transplantation in
Minority Populations

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.

In this issue:

- Study Progress
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- Tasty Recipe
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- Important contact info

AKT-MP Study Progress

The AKT-MP Study has been recruiting patients since January 2022 and we are so grateful to each and every participant we have interacted with during that time.

To date, 463 patients have agreed to participate in our study, and 419 participants have completed their first interview.

Of the participants who completed their first interview, 143 participants completed their second interview, and 2 participants completed a third interview.



We aim to recruit and interview 106 more patients to become participants in our study in the coming months.

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 to learn about the latest transplant news and resources.

New Mexico Kidney Fund 2024 Statistics



5,397

New Mexicans
are living with
kidney failure



423

New Mexicans
are on the kidney
transplant
waiting list



3,902

New Mexicans
are on dialysis



1 IN 4

people received a kidney transplant
from the waiting list in 2023



Transplants performed
in New Mexico has
increased about
68%
from 2013



1,495

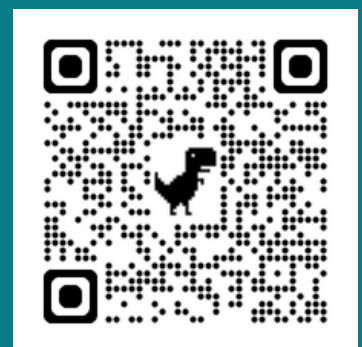
New Mexicans are
currently living with a
kidney transplant

Source: <https://www.kidneyfund.org/sites/default/files/media/documents/New%20Mexico%202024.pdf>

Dialysis Patient Citizens Education Center

Once a month, the Dialysis Patient Citizens Education Center publishes a podcast called “Living Well with Kidney Disease.”

This podcast provides individuals with the latest news on kidney disease while focusing on what patients can do to improve their health.



Scan to listen

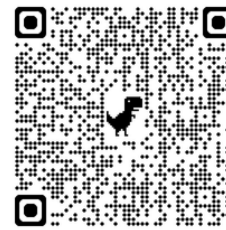
Kidney Resources

National Kidney Foundation

Kidney Donation is a selfless act that can change the life of someone living with end stage kidney disease.

Through seven courses, the NFK teaches everything that you might want to know about living kidney donation, how to begin the process, the surgery, resources available, and addresses finances and the emotional aspects of kidney donation.

These courses could be helpful in educating donors or those who are thinking about kidney donation.



For more info scan this QR code

Casa Esperanza: New Mexico's House of Hope

Did you know that Casa Esperanza, also known as New Mexico's house of hope, is a helpful resource that works with patients and their families who reside outside of Albuquerque to provide housing and emotional support for those seeking care at the University of New Mexico Hospital (UNMH)? Patients and their families can stay at Casa Esperanza for a reduced cost compared to hotel rates in the area. The proximity of the facility to UNMH makes attending appointments easier and there are lots of resources on-site for patients.

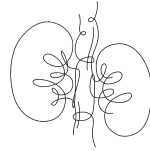


For more info scan this QR code

Kidney Word Search



HEALTH
ORGAN
TREATMENT
CREATININE
BLOOD
SURGERY
NEPHROLOGY
TRANSPLANT
PATIENT
KIDNEY
RENAL
DIALYSIS



www.reallygreatsite.com



Play this puzzle online at : <https://thewordsearch.com/puzzle/6536728/>

Find the answers on the last page



Chicken Fajitas Recipe



Prep 45mins Cook 20mins Total 1hr 5mins

Ingredients

- 2 chicken breasts (~12 ounces)
- 6 Tablespoons grated 2% Mexican cheese blend
- ½ teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon ground black pepper
- ½ yellow onion, sliced and cut into strips
- 1 bell pepper, cut into strips
- 6 small corn tortillas

Step 1

Cook chicken until 165 degrees F. Let rest. Then, cut.

Step 2

Cook onion until translucent and bell pepper until browned

Step 3

Toss chicken and vegetables with onion, powder, garlic powder, and pepper

Step 4

Add chicken and cooked vegetables to tortilla.

Step 5

Top with shredded cheese.

Step 6

Enjoy!

Recipe courtesy of: <https://www.kidney.org/recipes/chicken-fajitas>
AKT Newsletter, Fall 2024

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

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



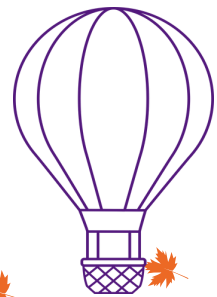
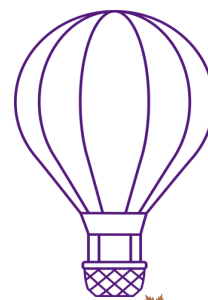
You will receive all your **regular** health care

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

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

Crossword Puzzle Solution

A	C	L	T	N	A	L	P	S	N	A	R	T	E
T	R	N	N	T	N	D	L	A	R	O	E	E	E
E	E	I	I	O	E	E	N	E	T	G	H	T	R
T	A	Y	N	E	E	A	B	H	T	P	O	E	E
R	T	G	A	R	G	H	L	T	E	T	N	L	A
E	I	O	N	R	E	U	O	L	E	A	H	T	D
A	N	L	O	E	S	E	O	A	L	P	L	R	P
T	I	O	S	K	S	S	D	E	E	N	R	I	A
M	N	R	D	U	I	A	E	H	G	G	P	T	T
E	E	H	E	E	R	D	A	A	A	N	N	C	I
N	Y	P	M	L	P	G	N	I	N	L	E	R	E
T	E	E	S	O	N	L	E	E	Y	G	A	U	N
H	R	N	I	L	Y	E	L	R	Y	T	R	S	T
A	S	I	S	Y	L	A	I	D	Y	N	I	T	E



Get to know us!



Caroline Jamharian

Red or Green? Red

Favorite Hobby: I enjoy playing golf. I have been golfing since I was 10 years old.

Fun fact about me: I am a triplet.



Rosalinda Pacheco

Red or Green? Christmas

Favorite Hobby: I enjoy painting and drawing. I love creating portraits.

Fun fact about me: I used to act when I was a child.



Adamaris Arteaga Leon

Red or Green? Green

Favorite Hobby: I enjoy hiking and exploring national parks.

Fun fact about me: I play three instruments: accordion, flute, and guitar.

Research Team Contact Info

Phone: (505) 633-3228 or (505) 633-1042

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Other Contacts



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Return Service Requested

Thank you for participating in the AKT study!



General Transplant Clinic
(505) 272-3100

Have a question about your evaluation?

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