



UNM Center for Healthcare Equity in Kidney Disease

# Access to Kidney Transplantation in Minority Populations Study

Spring 2023 Newsletter

Greetings from the  
AKT-MP Study

## Greetings from the AKT-MP Study

AKT-MP Study Progress

Greetings from the Access to Kidney Transplantation study team! We hope you are enjoying the warming weather and longer days as we transition into Spring. Please enjoy the second installment of our semiannual newsletter that covers project updates, dialysis and transplant resources, and more!

Highlights from the  
Holidays

Through this study, we are investigating different ways to 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 kidney transplant.

Kidney News

Kidney Events

## AKT-MP Study Progress

Book Recommendations

To date, 298 patients have agreed to participate in our study, and 254 participants have completed their first interview. Of the participants who completed their first interview, and 51 participants also completed their second interview.

Kidney Disease Resources

We aim to recruit and interview 146 more patients to become participants in our study in the coming months. Each year, hundreds of people from across New Mexico, Arizona, and Texas are evaluated for kidney transplant 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 to learn about the latest transplant news and resources.

Kidney Friendly Recipes

Staff Spotlight

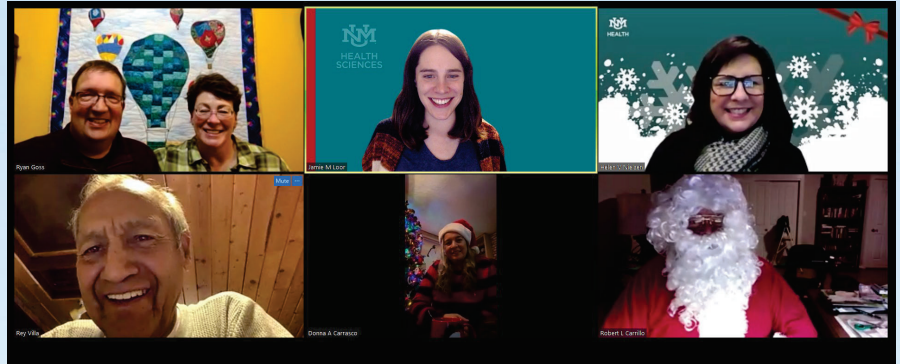
Contact Information



# Access to Kidney Transplantation in Minority Populations Study

## Highlights from the Holidays

Navigators from the peer navigator study arm hosted a virtual holiday party last December. The navigators celebrated the successes of the first year of the AKT-MP study, and reflected on their experiences so far.



## Kidney News

**New Mexico:** The UNMH Transplant Center has recently implemented a Hepatitis-C kidney transplant program, which is designed to reduce patients' time on the transplant waitlist. Patients who are willing to accept a Hepatitis-C positive kidney may experience reduced time to kidney transplant when compared to patients waiting for a kidney that is not positive for Hepatitis-C. To learn more about the program and recipients' experiences, visit: [tinyurl.com/32r8asf2](https://tinyurl.com/32r8asf2)



**National:** In 2022, the National Kidney Foundation established an Innovation Fund to help improve the lives of individuals living with kidney disease. The Innovation Fund allocates resources to kidney-based organizations and companies to improve the development and dissemination of kidney disease treatments. In October 2022, the Innovation Fund was awarded to 34 Lives, an organization seeking to extend the lives of kidneys that are waiting to be transplanted. A deceased donor kidney is typically viable for about 20 hours, but 34 Lives is working to double that to 40 hours, increasing the time a deceased donor kidney is viable before transplantation. Although this work is in the beginning phases, it can potentially increase the number deceased donor kidney transplants performed across the United States.

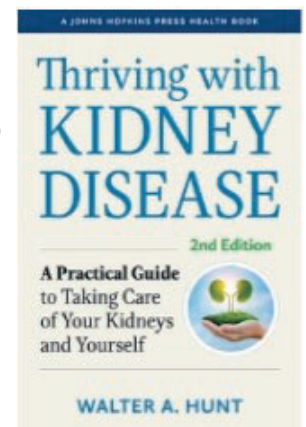


## Kidney Events

**New Mexico Kidney Walk:** Hosted by the National Kidney Foundation (NKF), the New Mexico Kidney Walk is an opportunity for New Mexicans to come together in support of those living with kidney disease. Registered teams can raise money for kidney research, treatment, and awareness. This year's Kidney Walk will be held on Sunday, June 4th, 2023. To learn more and register for the walk, visit: [www.kidneywalk.org/newmexico](http://www.kidneywalk.org/newmexico)

## Book Recommendations

Do you want to learn more about living a healthy life with kidney disease? The book, ***Thriving with Kidney Disease: A Practical Guide to Taking Care of Your Kidneys and Yourself***, published in 2022 by Johns Hopkins Press, was written by a kidney transplant recipient to help those with kidney disease learn more about their condition and take charge of their health.



*An estimated 37 million people have kidney disease, but only 10% of people with the disease know they have it. Raise awareness for kidney disease and show your support for dialysis patients, transplant recipients, and living kidney donors by wearing a green ribbon.*



## Access to Kidney Transplantation in Minority Populations Study

# Kidney Disease Resources



**New Mexico Kidney Foundation (NMKF):** Established in 2015, the NMKF is a non-profit organization with the mission of spreading awareness about kidney disease and improving the lives of New Mexicans living with kidney disease. Visit their website to access online resources about support groups, kidney disease facts, cooking tips, and more at: [www.nmkidney.org](http://www.nmkidney.org)

**National Kidney Foundation (NKF):** Last fall, the NKF launched the Kidney Learning Center, an online hub for kidney transplant education. To learn more about kidney transplant and living donation, visit: <https://learningcenter.kidney.org>

**Mental Health:** Juggling kidney disease, dialysis, and everyday life stressors can have a toll on your mental health and wellbeing. Many people living with kidney disease also experience depression or anxiety. Talking to a professional may also help alleviate feelings of depression or anxiety, and there are therapists across New Mexico who are happy to help.

Follow the link below to find a psychologist or social worker near you: <https://www.psychologytoday.com/us/therapists>

Please consult your health insurance provider before seeking mental health services to ensure you are covered.

**Diabetes Management:** Getting a handle on your diabetes can be difficult, but you are not alone. There are resources across the state to help all New Mexicans live healthy lives with diabetes.

**Association of Diabetes Care & Education Specialists (ADCES):** The ADCES has an interactive, online tool to search for diabetes education programs in your area. Visit the following link to find the closest program to you: [tinyurl.com/yn8e4y9s](http://tinyurl.com/yn8e4y9s)

# Kidney-Friendly Recipes

## Southwest Stuffed Peppers\*

### Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Prepare peppers for stuffing by removing stems, membrane & slicing in half lengthwise.
3. Blend together the rice, turkey, egg, 1/2 cup salsa, herbs and spices.
4. Evenly divide meat mixture into six portions & stuff pepper halves.
5. Place in a baking dish sprayed with non-stick cooking spray.
6. Add 2 tablespoons water to bottom of baking dish.
7. Bake covered for 45 minutes.
8. Uncover and top each pepper with 1 1/2 teaspoons fresh salsa.
9. Bake uncovered for 15 additional minutes.

### Nutritional Information:

- Calories: 226.8
- Carbohydrates: 12 g
- Dietary Fiber: 3 g
- Protein: 23 g
- Fat: 10 g
- Saturated Fat: 2.6 g
- Sodium: 122 mg
- Potassium: 483 mg
- Phosphorus: 258 mg



Prep time: 30 minutes  
Cook time: 30 minutes

### Ingredients:

- 3 Red Bell Peppers
- 1/2 cup cooked Brown Rice
- 1 pound lean Ground Turkey
- 1/2 cup plus 3 tablespoons fresh salsa
- 1/2 cup onion, finely chopped
- 1 large egg
- 1 tablespoon chili powder
- 1/2 teaspoon black pepper
- 3 tablespoons cilantro, finely chopped

# More Kidney-Friendly Recipes

To access more free recipes, nutrition education, and more, visit the websites below:

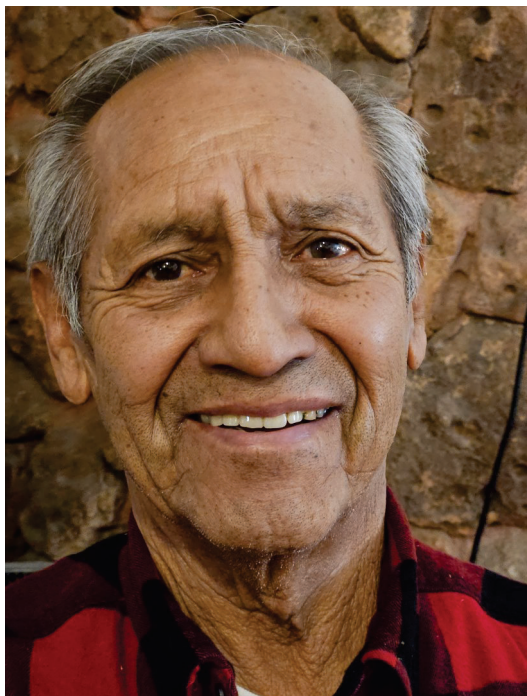
- \*NKF diet and nutrition resources: [www.kidney.org/recipes-search](http://www.kidney.org/recipes-search)
- Dialysis Clinic Inc healthy recipe finder: [www.dciinc.org/recipes](http://www.dciinc.org/recipes)
- NKF of Arizona kidney-friendly cookbook: [www.azkidney.org/cookbook](http://www.azkidney.org/cookbook)



# Access to Kidney Transplantation in Minority Populations Study

## Staff Spotlight

### Peer Navigator: Reymundo Villa



Mr. Rey Villa was raised in Las Cruces, New Mexico. He graduated from Las Cruces High School in 1962, and from Highlands University in Las Vegas, New Mexico (BA/MA) in 1966. Mr. Villa married his college sweetheart in 1967, and they have been together for more than 56 years. He worked as a teacher in history and government at Robertson High School, Santa Rosa High School, and West Las Vegas Schools. From 1974 to 1979, Mr. Villa was the principal at West Las Vegas Jr. High and coached wrestling, football, basketball, track, and

baseball. He worked in Santa Fe for the Governor Anaya Administration (1982 -1986) and was an administrator for the NM Highway Department from which he retired in 1996. After retirement, Mr. Villa continued to serve his community as the West Las Vegas Schools Athletic Director, 1997-2007. Currently, Mr. Villa is retired - living and working on his family's ranch in Cleveland, NM. On December 6th, 2017, he received a kidney transplant at UNM Hospital, and his son-in-law was his living kidney donor! After going through the kidney transplant process, Mr. Villa decided to become a Peer Navigator in order to assist and inform others who going through this transplant journey.



**AKT-MP**

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Minority Populations



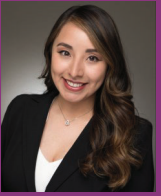
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**UNMH Transplant Clinic**

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