

# Access to Kidney Transplantation in Minority Populations Study (AKT-MP)

## Spring 2024 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! As New Mexico transitions into spring, we hope you are all enjoying the blooming foliage and sun-filled days. We hope you find the fourth installment of our semiannual newsletter helpful and informative. We also have a new study phone number: 505-633-1042! Read on to learn about project updates, kidney disease resources, and more!

Peer Navigators

Kidney News

Through this study, we are investigating different ways to help expedite the kidney transplant evaluation process at the University

NKF and NIDDK



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.

Upcoming Local  
Events

Preparing for  
Transplant

### AKT-MP Study Progress

Staff Spotlight

The AKT-MP Study has been recruiting patients for just over two years and we are so grateful to each and every participant we have interacted with during that time. To date, 399 patients have agreed to participate in our study, and 355 participants have completed their first interview. Of the participants who completed their first interview, 108 participants completed their second interview, and 1 participant completed a third interview.

Hemodialysis and  
Healthy Eating

We aim to recruit and interview 168 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.

Kidney Word Search

Additional Resources

Transplant Clinic  
Contacts



AKT-MP



# AKT-MP

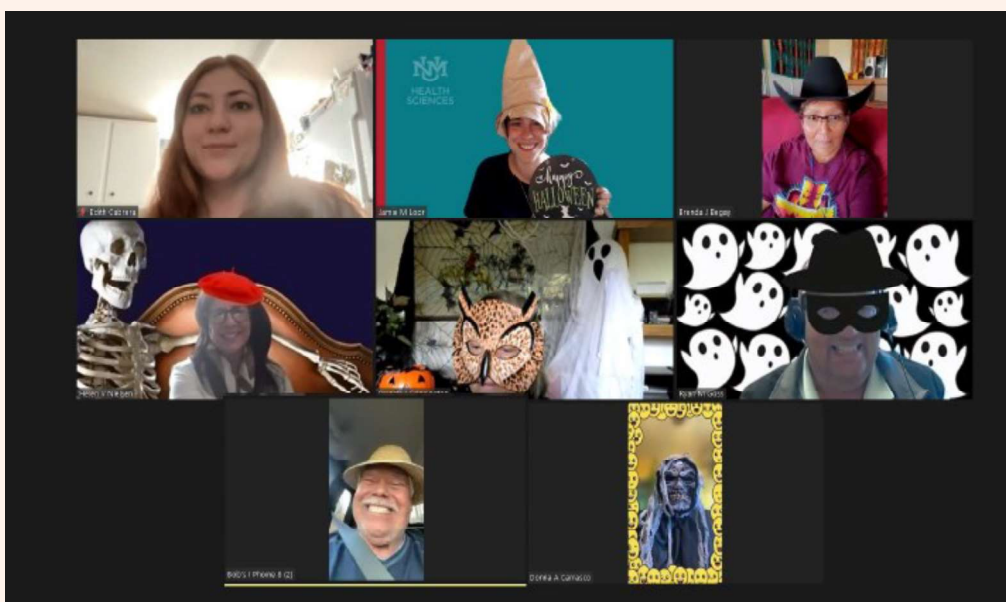
**Access to Kidney Transplantation in  
Minority Populations**

# Access to Kidney Transplantation in Minority Populations Study

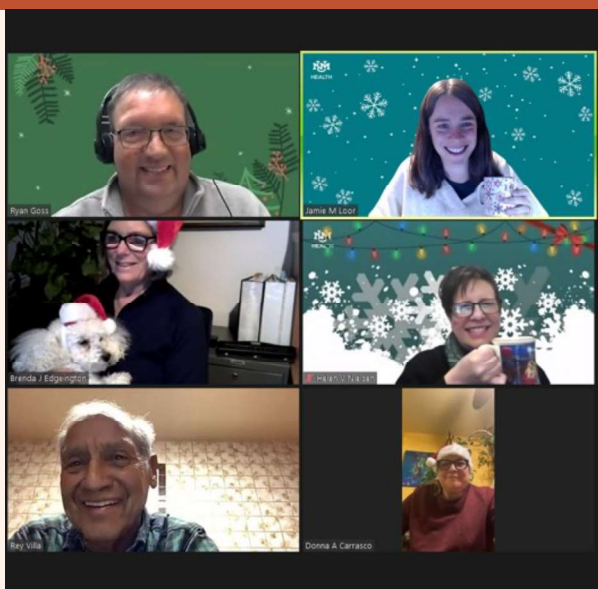


## Peer Navigators Halloween

Peer navigators hosted a virtual Halloween party last October. The navigators wore their Halloween best while reflecting on the progress of the second year of the AKT-MP study. See below for a picture of the fun fall festivities!



## Holiday Party



Peer navigators also hosted a virtual holiday party last December. The group played some games and enjoyed each other's company for the final meeting in 2023.



# Kidney News

## New Mexico

In 2023, the UNM kidney transplant clinic had a particularly exciting moment in the history of the program. In December 2023, it was announced that more than 50 kidney transplants have been performed each year for 3 years in a row. This accomplishment helps us move one step closer to becoming a Transplant Center of Excellence. Designation as a Center of Excellence would open up unique opportunities for clinical business, research and education programs at UNM, and the ability to create a transplant fellowship program and train more providers. All of this will help us continue to provide the highest level of care for our patients.



## National

Transplant-tolerance protocols, complex procedures that allow transplant recipients to live healthy lives without immunosuppressive medications, are becoming increasingly possible thanks to new research. The University of California Los Angeles (UCLA) now offers an Immunosuppression-Free Kidney Transplant, also known as the Tolerance Program. This program works closely with prospective kidney transplant recipients and their donors to use the donor's stem cells to prevent transplant rejection. To learn more about this innovative work, visit the UCLA Health website: <https://www.uclahealth.org/medical-services/transplants/kidney-transplant/living-donor-transplant/immunosuppression-free-kidney-transplant-tolerance-program>



# Access to Kidney Transplantation in Minority Populations Study



## Kidney News

### International

Transplant tolerance procedures are becoming available around the world. An 8-year-old girl received a kidney transplant in the United Kingdom (UK) and will not need to take life-long antirejection medication as her immune system was “reprogrammed.” This young girl received both a kidney and stem cell transplant from her mother.

She is the first patient in the UK who has had a kidney transplant and not required immunosuppressive medication after the surgery. To read more about this medical advancement, visit this link:

<https://www.bbc.com/news/health-66879093>



World Kidney Day was March 14, 2024. The theme of the campaign this year was “Kidney Health for All”.

Although this important advocacy day has passed for this year, you can still check out their website for lots of resources, stories from people who have undergone treatment for CKD or received a kidney transplant and much more. Also, mark your calendar for World Kidney Day 2025: March 13!

<https://www.worldkidneyday.org/knowledge-bank-files/2024-campaign-image/>



SCAN ME

## NKF and NIDDK

### National Kidney Foundation (NKF):

The NKF has been providing education on kidney disease and spearheading advocacy efforts for decades. In recent months, the NKF launched a video series, titled Lupus Nephritis, for patients with lupus nephritis, a type of kidney disease caused by lupus.

Lupus is an autoimmune disease that affects more than 1 million Americans. Approximately half of all adults who have lupus eventually develop lupus nephritis.

If you or someone you know is interested in learning more about lupus and kidney disease, use this link to watch the web series: <https://www.youtube.com/watch?app=desktop&v=zhhBS3gO6qs&list=PLReQ4BxyIJa-NT0nRo4mzTGgKgTkIjktX>



### National Institute of Diabetes and Digestive and Kidney Disease (NIDDK):

Every week NIDDK publishes a “Healthy Moments Radio Broadcast”. Each episode is 1-2 minutes, available in English and Spanish, and focused on important health topics. Take a listen today and see what tips they have for living a healthier life! <https://www.niddk.nih.gov/health-information/healthy-moments>



# Access to Kidney Transplantation in Minority Populations Study



## Upcoming Local 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 disease research and treatment. This year's Kidney Walk will be held on Sunday, June 2nd, 2024.
- To learn more and register for the walk, visit:  
[www.kidneywalk.org/newmexico](http://www.kidneywalk.org/newmexico)



## Preparing for Transplant

It can be both daunting and exciting to be placed on the UNOS waitlist for a kidney. Whether you are waiting for a deceased donor match, or have a potential living kidney donor, it is important to be prepared for the kidney transplant surgery. See below for a few points to keep in mind while awaiting your transplant:

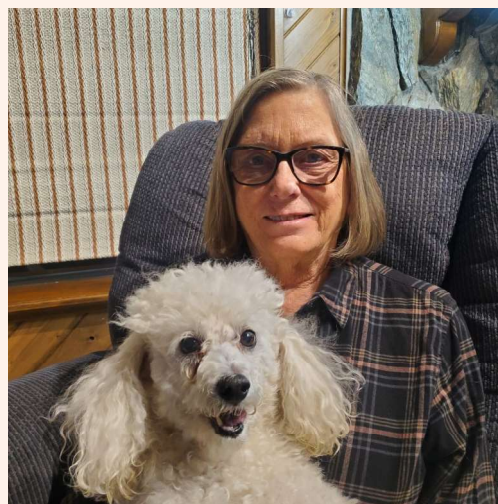
- Have your voicemail box set up in case you miss a call from UNMH
- Make a transportation plan, not only for your transplant surgery but also for follow-up appointments after the operations
- Reach out to those around you for support



## **Staff Spotlight**

### **Peer Navigator: Brenda Edgeington**

I have worked most of my adult life and retired when I was 73. I was diagnosed with ESRD from polycystic kidneys when I was 71. In September 2017, at age 74, I was put on peritoneal dialysis at home. There was a lot of learning, but it became a way of life for us. I received a call on September 14th, 2018, from UNM that they had a kidney for me and that I needed to come right away. I had a lot of support and the nurses and doctors were great. I would like to help others in their quest and maybe give them some of my knowledge I learned along the way.



### **Get to Know Brenda**

**What is your favorite Springtime activity?**

My favorite springtime activity is planning my garden, and getting ready to see what might be coming up again. Max, my dog, and I start enjoying our long walks again. May is always my favorite month because of birthdays and all the new beginnings of life. The birds and budding of trees and the freshness in the air.

**What are your hobbies?**

I love writing stories and poetry and am writing an autobiography.

**Tell us about a memory that makes you smile?**

My husband, Jim and I renewed our marriage vows on our 25<sup>th</sup> anniversary, July 14<sup>th</sup>, 2004 in Santa Fe, at the Loretto Chapel. Our combined families and friends attended. The experience was very powerful and always brings a smile to my heart.



## Hemodialysis and Healthy Eating

Almost 70% of adults with end-stage kidney disease are on dialysis, including hemodialysis or peritoneal. Those on hemodialysis may have some dietary restrictions, but that does not mean they can't enjoy tasty, healthy foods. See below for a hemodialysis-friendly recipe:

### Zucchini Tortilla Bites: Courtesy of the NKF

#### Nutritional information

- Calories 66
- Carbohydrates 9.8 g
- Dietary Fiber 2 g
- Protein 1.9 g
- Fat 2.9 g
- Saturated Fat 0.5 g
- Sodium 13.8 mg
- Potassium 271.2 mg
- Calcium 36.5 mg
- Phosphorus 74.2 mg

#### Ingredients

- 2 corn tortillas, cut into triangles
- 2 tsps. vegetable oil
- 1 zucchini, peeled into ribbons/noodles
- 1 cup arugula, washed
- 1 lime, juice and zest
- 2 tablespoons fresh cilantro, chopped
- Pinch red chili pepper flakes, optional



Prep	Cook	Total
20mins	20mins	40mins

**Step 1:** Set the oven to 375 degrees Fahrenheit and place the corn tortilla triangles on a baking sheet.

**Step 2:** Place into the oven and cook the tortilla triangles for 8 to 10 minutes, or until they are crisp.

**Step 3:** Meanwhile, heat the vegetable oil in a skillet over medium-high heat.

**Step 4:** When ready, add the zucchini ribbons, the arugula, and the lime zest and juice. Cook until the vegetables have softened and the liquid has evaporated, about 5 to 8 minutes.

**Step 5:** Then, take the tortilla triangles out of the oven and transfer them to a serving platter. Place a tablespoon of the cooked vegetables on top. Sprinkle with cilantro and red chili pepper flakes as desired. Serve and eat.

## Meals on Wheels



SCAN ME

Did you know you may be eligible for free or low-cost meals from a program called "Meals on Wheels". The organization provides healthful meals delivered to your home. They even have a special meal plan for those undergoing hemodialysis. Visit the link:

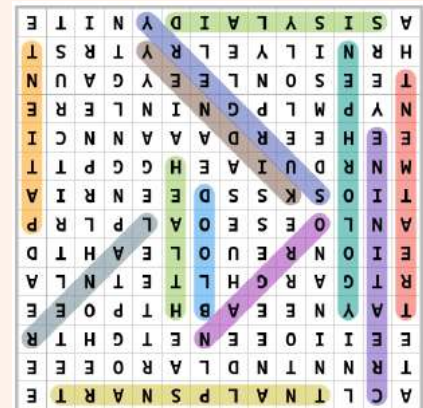
<https://mow-nm.org/meal-services/>



# Kidney Word Search

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

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



## Additional Resources

To learn more about resources in your community, and living healthily with kidney disease, visit the websites below.

- Share New Mexico, a comprehensive directory for resources and social services across the state: [https://sharenm.org/nm-resources?taxonomies%5B0%5D=77&taxonomies\\_secondLevel%5B0%5D=78&keyword=pantry&page=21](https://sharenm.org/nm-resources?taxonomies%5B0%5D=77&taxonomies_secondLevel%5B0%5D=78&keyword=pantry&page=21)
- National Institute of Diabetes and Digestive and Kidney Diseases: <https://www.niddk.nih.gov/>
- Diet and nutrition resources from the NKF: [www.nkfi.org/diet](http://www.nkfi.org/diet)
- Dialysis Clinic Inc healthy recipe finder: [www.dciinc.org/recipes](http://www.dciinc.org/recipes)

# It's time to AKT



## Access to Kidney Transplantation (AKT) Study

### Fast Track

Have your pre-transplant tests scheduled for you within a shorter period of time!



### Peer Navigator

Access to a previous Transplant Recipient who will help guide you through the process!



### Study Timeline:



\*You will receive a call from a 412 area code to complete the survey

# UNM Center for Healthcare Equity in Kidney Disease (CHEK-D)

Have *research* questions? Contact AKT-MP Study Staff at our *NEW* phone number: 505-633-1042



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Research Coordinator

- 505-633-1042
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Principal Investigator

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If we don't answer, please leave a voicemail and a member of the study team will get back to you very soon.

- ChWilcox@salud.unm.edu
  - 505-272-4234
  - Pre-transplant Coordinator
- Christine Wilcox**

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- Mary Gallegos**



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Have *transplant* questions? Contact the Transplant Clinic: