

Spring 2025

AKT-MP Newsletter

UNM Center for Healthcare Equity in Kidney Disease



Greetings from the AKT-MP Study!

- We hope the Spring season brings positive opportunities and happiness to you and your loved ones. Please enjoy the sixth installment of our semiannual newsletter. Read on to learn about project updates, kidney disease resources, and more!
- 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.
- Throughout this newsletter you'll see QR codes that provide more information! To use a QR code, point a phone camera at the code. On your phone screen you will see a little clickable string of words. Once you push the highlighted text, you will be taken to the correct website or resource.

In this issue:

- Study Progress
- Evaluation Checklist
- Wellness Tips
- Kidney News
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- Tasty Recipes
- Recommended Resources
- Important contact information

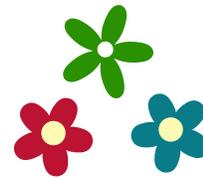
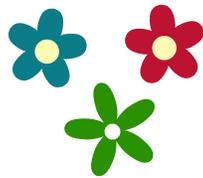
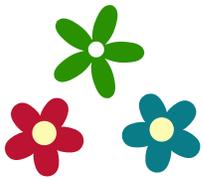
Study Progress

AKT-MP Study Progress

The AKT-MP Study has been recruiting patients since January 2022 and we are so grateful to each and every patient who has agreed to participate in our study during that time.

To date, 514 patients have agreed to participate in our study, and 469 participants have completed their first interview.

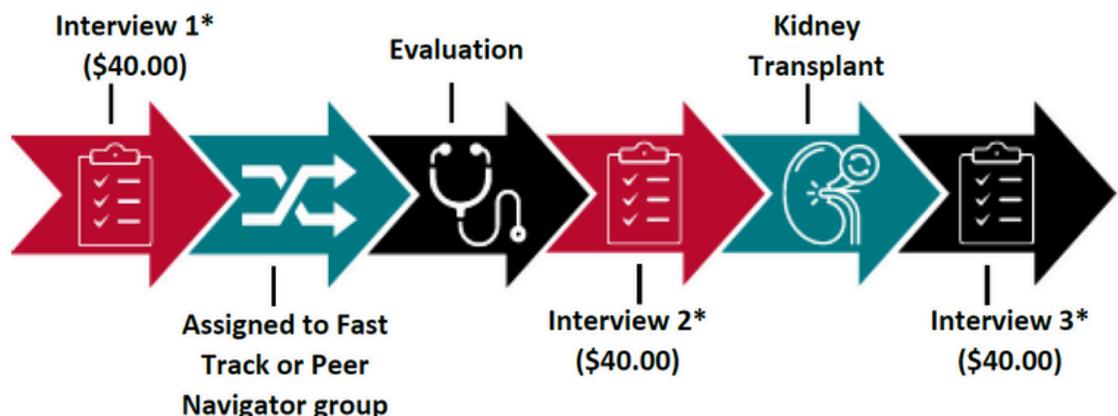
Of the participants who completed their first interview, 185 participants completed their second interview, and 4 participants completed a third interview.



We aim to recruit and interview 66 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.

Study Timeline:



Evaluation Checklist

Going through a transplant evaluation means multiple medical appointments, tests, and consultations. You received discharge paperwork when you attended your initial evaluation appointment.

Each person gets their own discharge paperwork. Your list of required tests may be different from another patient's list. If you need a reminder of what tests are on your personal list, you can contact the transplant clinic at (505) 272-3100.

There are a few key parts of your discharge paperwork, as shown in the example below.

Evaluation Clinic Discharge Instructions

Today's Date: Date of your initial evaluation appointment

MRN: Your MRN

Patient Name: Your Name

DOB: Your Date of Birth

Your Transplant Coordinator:

To help decide if you can be put on the transplant Waiting List, you will need to complete the following:

Before you leave here today, please get:

- Blood Work (Labs) - 2nd floor lab (next to Transplant Services)
- Chest X-ray - 1st floor, Radiology
- EKG - 2nd floor, Heart Station

UNMH will call you with these appointments:

(Your list of required tests is unique to you. This list is shown as an example only)

Dietary Phone Appointment

* Write the appointment date and time here: _____

* If you do not hear from them within two weeks, please call: 505-523-9092

Evaluation Follow-Up Phone Appointment

* Write the appointment date and time here: _____

* If you do not hear from them within two weeks, please call: 505-272-0608

Transplant Surgeon Appointment

* Please call 505-272-5448 to schedule an appointment.

* Write the appointment date and time here: _____

You will need to make these appointments or do the following:

Dental Clearance

* The dentist must say you can have a transplant, so please start working on this now.

* You were given a dental form to complete; please take the form to your dental appointment.

You will need to request the following for our records:

You may be asked to send medical records to your transplant coordinator. Those details will be listed in this section.

Your personal details and assigned transplant coordinator are listed at the top of the discharge paperwork.

Some of the required testing can be done the same day as your evaluation appointment.

Your discharge paperwork will list the specific tests you need to complete to be considered for transplant.

You may need to schedule your own medical appointments.

You may need to send copies of your medical records to your transplant coordinator.

Kidney News

Late last year a new type of kidney transplant was tested on a woman who was in kidney failure. This new method involved using a genetically modified pig kidney. The patient has been doing remarkably well. This innovation opens the door to more research on transplant options for patients, when kidneys are in short supply. To learn more about this woman's journey you can listen to or read the news article online by scanning the QR code.



Kidney Wellness

Tips for Staying Healthy During Evaluation

- *Stay Active:* Gentle exercise like walking or yoga can improve circulation and reduce stress. Be sure to get your doctor's approval before beginning any exercise routine.
- *Connect with Others:* Support groups, either in-person or online, can provide a sense of community.
- *Practice Mindfulness:* Techniques like deep breathing or meditation can help reduce anxiety during the evaluation process.
- *Eat Well:* A balanced diet is essential. If you need tips or have dietary concerns, reach out to the nutrition expert in the transplant clinic.

Find your next trail!



Patients with kidney disease are encouraged to engage in physical activity. The goal is to try to do 30 minutes of activity most days of the week according to the National Kidney Foundation's tips for keeping your heart healthy while on dialysis.

Be sure to check with your doctor before starting any new exercise programs. Additional tips on getting started with exercise can be found in this helpful 10-item list published by the National Kidney Foundation.



Walking is an excellent form of exercise and our state has many beautiful hiking trails. This website can help you find a new hiking path. There are hiking paths for all skill levels from beginner to expert and the trails can be found in all parts of the state. Scan this QR code to find a new hiking path near you!



E H N D H H S K U X F K B X
 E J A L Z E Q D F R I T L X
 L R D O N O R E B D E A N J
 Y E Y U Z L L N N I N T L N
 T N E I P I C E R E Y H E O
 S G J C N U Y T R Q O P N R
 E I Q U Z G Y Z Z Y H U H P
 F Y S P F X R J W R O K V S
 I A A Y S H J E O Z P C K H
 L I Z D L R G L T A B E B E
 S C W H Y A O B Q L J H A A
 Q Q P G G G I S V W I C W L
 I H X M Y O G D H X P F I T
 N F N O I T A R D Y H P U H

Checkup Dialysis Recipient Hydration Filter Health
 Kidney Lifestyle Nephrology Donor Renal Ureter

Find the answers on the last page

Recipes

Kidney-friendly recipes are lower in potassium, phosphorus, and sodium, ideal for those undergoing kidney transplant evaluations or those managing kidney health. Eating healthfully doesn't have to be boring or bland!

This newsletter includes recipes for:

- Herb-Roasted Chicken Thighs
- Garlic and Herb Cauliflower Mash



Herb-Roasted Chicken Thighs

A simple, flavorful dish with a hint of garlic and herbs, perfect for a kidney-friendly meal.

Ingredients:

- 4 bone-in, skinless chicken thighs
- 2 tbsp olive oil
- 1 tsp dried rosemary
- 1 tsp dried thyme
- 2 cloves garlic, minced
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. In a bowl, mix olive oil, rosemary, thyme, garlic, salt, and pepper.
3. Coat chicken thighs with the mixture.
4. Place chicken on a baking sheet and roast for 30–35 minutes or until cooked through.
5. Serve with a side of low-potassium veggies like green beans or cauliflower.

Recipes courtesy of: <https://www.simplyrecipes.com>



Garlic and Herb Cauliflower Mash

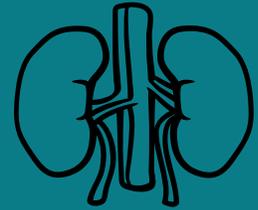
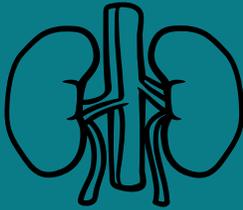
A great alternative to mashed potatoes, with a similar creamy texture but lower potassium content.

Ingredients:

- 1 medium head of cauliflower, cut into florets
- 2 tbsp olive oil
- 1 clove garlic, minced
- 1 tbsp fresh parsley, chopped
- Salt and pepper to taste

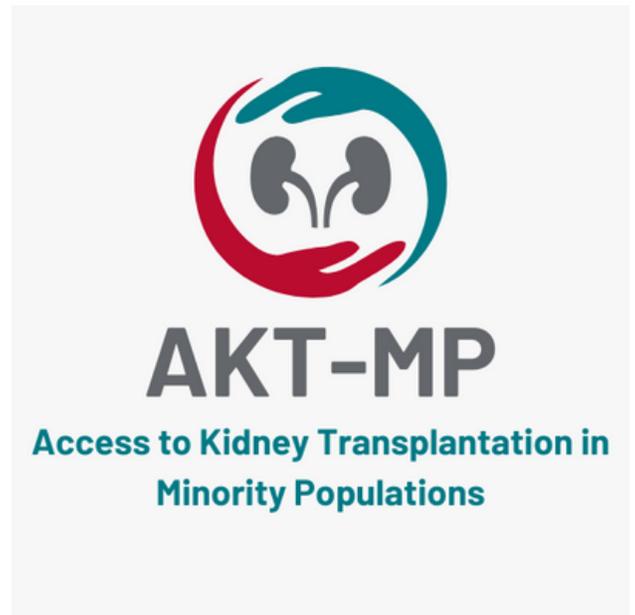
Instructions:

1. Steam cauliflower until tender, about 10 minutes.
2. Drain and transfer to a food processor.
3. Add olive oil, garlic, parsley, salt, and pepper.
4. Blend until smooth and creamy. Adjust seasoning as needed.
5. Serve warm as a side dish.



Crossword Puzzle Solution

E	H	N	D	H	S	K	U	X	F	K	B	X	
E	J	A	L	Z	E	Q	D	F	R	I	T	L	X
L	R	D	O	N	O	R	E	B	D	E	A	N	J
Y	E	Y	U	Z	L	L	N	N	I	N	T	L	N
T	N	E	I	P	I	C	E	R	E	Y	H	E	O
S	G	J	C	N	U	Y	T	R	Q	O	P	N	R
E	I	Q	U	Z	G	Y	Z	Z	Y	H	U	H	P
F	Y	S	P	F	X	R	J	W	R	O	K	V	S
I	A	A	Y	S	H	J	E	O	Z	P	C	K	H
L	I	Z	D	L	R	G	L	T	A	B	E	B	E
S	C	W	H	Y	A	O	B	Q	L	J	H	A	A
Q	Q	P	G	G	G	I	S	V	W	I	C	W	L
I	H	X	M	Y	O	G	D	H	X	P	F	I	T
N	F	N	O	I	T	A	R	D	Y	H	P	U	H



Kidney Resources

Kidney Transplant Conversations Podcast

<https://kidneytransplantpodcast.com/>

For those interested in learning more about the transplant process, we recommend the Kidney Transplant Conversations podcast. This series features inspiring stories and advice from transplant patients, living donors, and healthcare professionals. Topics include the transplant evaluation process, the experience of living donors, and innovations in transplant care. The podcast is a fantastic way to gain a deeper understanding of the journey ahead.

Some podcasts include:

- The Kidney Trail
- Kidney Disease: The Podcast
- The Transplantation Podcast
- Transplant in Focus
- The Kidney Solution Podcast

For more info
scan this QR
code



UNM Kidney Transplant Clinic Website

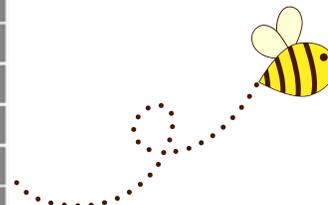
Did you know that many common questions about the kidney transplant process are answered on the UNM Kidney transplant clinic's website? This website has information on the process of undergoing evaluation, insurance/payment advice, and many details about important things to know as you go through the kidney transplant journey. Feel free to check it out by scanning the QR code below. Be sure to scroll all the way down the page to see these resources and more!

Kidney Transplant

The UNMH Transplant team includes healthcare professionals dedicated to helping potential kidney recipients navigate the transplant process. We will help you determine if you are healthy enough to receive a kidney transplant, educate you about what to expect, help you get on the transplant list, and walk with you through the journey of surgery and after-care.

How to be referred/self-referral	+
Evaluation Process	+
Approval Process	+
What it means to be "Listed"	+
Getting the "Call"	+
Transplant Surgery	+
Post transplant care and what to expect	+
FAQ: Who pays for all this?	+
FAQ: How long will I wait for a kidney?	+
FAQ: What could exclude me from being approved as a candidate on the Transplant List?	+
Educational Sites	+

For more info
scan this QR
code



Other Contacts



Larissa Myaskovsky, PhD
Principal Investigator of AKT-MP Study
• 505-272-0070 •
LMyaskovsky@salud.unm.edu



Center for Healthcare Equity in Kidney Disease
901 University Blvd, Suite 150
Albuquerque, NM 87106

Return Service Requested

Thank you for participating in the AKT study!

Research Team Contact Info
Phone: (505) 633-3228 or (505) 633-1042
Email: aktmp@salud.unm.edu



General Transplant Clinic
(505) 272-3100

Heather Alvarez, Social Worker
Phone: (505) 272-1755
Email: Halvarez@salud.unm.edu

Christine Wilcox, Pre-Transplant Coordinator
Phone: (505) 272-4234
Email: ChWilcox@salud.unm.edu

Mary Gallegos, Pre-Transplant Coordinator
Phone: (505) 272-0608
Email: MWolff@salud.unm.edu

Have a question about your evaluation?