

~ A Jain Initiative ~
'Give a Gift, Donate a Kidney'

Living Organ Donation



**Vaishali: Kidney donor
(Wife)**

"The greatest thing one can do in this life is making the gift of LIFE to help another person live a better life.

Donate one of your healthy kidneys in your lifetime. Don't Wait... Donate now"

**Minesh: Kidney recipient
(Husband)**

"You only realise how precious life is when your own is threatened"



VANIK COUNCIL

LIVE AND HELP TO LIVE



www.vanikcouncil.uk
(Charity No. 1137083)

“Live Kidney Donation” is a new initiative by the Vanik Council

The Vanik Council is campaigning for organ donation; particularly donation of a kidney by living people. The project concentrates on live kidney transplants within the Jain community of North West London. It is funded by NHSBT.

What is Living Kidney donation?

Living donation is when someone donates one of their organs – usually a kidney, whilst they are still alive. Most of us can live perfectly well with only one kidney. Living donation is in contrast with donation by a dead person.

Who can donate a live kidney and to whom?

Most often living donors are close relatives or friends of the recipient, but you can also donate an organ to someone you do not know. Any living person can donate one of their healthy kidneys to someone who needs a kidney transplant from the NHS waiting list.

Is there an age limit for donors?

No—Successful donations from people who are in their 80's have taken place.

Why do we need more living kidney donors from the Jain community?

Statistics provided by NHS Blood and Transplant (NHSBT) in their 2015/16 report indicate that there were 5189 patients waiting for a kidney transplant in the UK and 944 (18%) were from Asian background.

There were only 98 organ donors from the Asian community; 71 were live donors and 27 were donors after death and the number of donors is decreasing.

Overall, patients from Asian background have to wait longer for a donor after death compared to white patients. Also, three patients die every day while waiting for an organ transplant in the UK.

What is the Jain view on living donation?

One of the main pillars of Jainism is the sanctity of life / compassion towards others. Jains therefore donate organs to help save and improve lives, both after death and while alive. Just as giving blood, the donation of a live healthy kidney is in line with Jain philosophy.

Why is Black, Asian and Minority Ethnic (BAME) group being targeted?

People from the BAME groups are more susceptible to illnesses such as hypertension, diabetes and kidney disease.

There is not enough awareness about organ donation within the BAME communities and only 6% of those who signed on the national Organ Donor Register in 2015/16 were from BAME background.

Why is a living kidney donation better than a donation from a deceased donor?

A living donation and transplantation can be planned in advance and can often be arranged without having to start dialysis. Generally, a kidney transplant from a living donor lasts longer than a transplant from a deceased donor.

Could I be a living kidney donor?

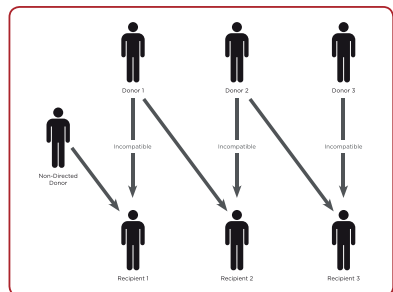
There is a rigorous process for assessing the suitability of anyone interested in becoming a living donor with arrangements made by a Living Transplant Co-ordinator at the hospital. Not everyone can be a living donor because of their own health, but we need more people from the Jain community to volunteer so that they can be assessed, especially if there is someone in your extended family, or a close friend, who needs a kidney transplant.

What are the risks for the living donor?

There are clearly risks linked to any surgery and these will be explained fully to potential living donors before proceeding. No surgeon will operate without being satisfied and without full agreement of donor and recipient.

What is paired donation?

When a donor and recipient are incompatible or mismatched with each other, it may be possible for them to be matched with another donor and recipient pair in the same situation and for kidneys to be exchanged or swapped.



Can we help you?

The Vanik Council can help by arranging contact with professionals and also with patients who have donated and received a live kidney so that they can share their experiences.



In the 21st century, society has made big advancements in medical treatment. By promoting organ donation, members of the Jain faith are displaying tremendous awareness of their own social responsibilities.

Samani Dr Pratibha Pragya
Jain Vishva Bharati, London

Why we need to start talking?

- If you have a family member or a friend who needs a donor, please let us know
- Pass this information to others and ask them to contact us
- Think about joining the organ donation register and carry a card
- Make your wishes known to your loved ones so they can consent when an opportunity arises
- It is important to discuss with friends, relatives and within our community the need for organ donation

What support can a kidney patient waiting for a transplant get in raising this sensitive matter with close family and friends?

There is support available from the Living Transplant Co-ordinator and lots of information on the website.

For further information:

**Imperial College Healthcare
NHS Trust**
Hammersmith Hospital, Renal
Assessment Unit
Du Cane Road, London W12 0HS
[www.imperial.nhs.uk/our-services/
kidney-and-transplant](http://www.imperial.nhs.uk/our-services/kidney-and-transplant)
Tel: 020 3313 6603

Royal Free Hospital
Pond Street, London NW3 2QG
[https://www.royalfree.nhs.uk/
services/services-a-z/kidney-
services/kidney-transplants/](https://www.royalfree.nhs.uk/services/services-a-z/kidney-services/kidney-transplants/)
Tel: 020 7794 0500 Ext 34133



www.nbta-uk.org.uk



[www.organdonation.nhs.uk/living donation](http://www.organdonation.nhs.uk/living_donation)
www.nhsbt.nhs.uk | www.kidney.org.uk



Blood and Transplant



Contact us:

web: www.vanikcouncil.uk
email: kidney.donation@vanikcouncil.uk
tel: +44 7546 924567