



NEED A NEW KIDNEY?

Did you know that living kidney donation is THE BEST option to get a kidney and a better alternative to the waiting list to help you receive a transplant sooner?

How can I find a living donor?

Step 1: Determine who can help.

You likely already know the person who will become your living donor. Make a list of potential donors who are in good health who meet the criterion. Contact us for more details.

Step 2: Share your Story.

Use the list of possible donors to let them know you need help. It's important to remain positive and remember that asking someone to become a donor can be very emotional.

Share the following information:

- **Why:** Let them know why you need a transplant and why living donation is your best option.
- **What:** Be prepared to answer questions and provide information about living donation.
- **When:** Also, let people know that the sooner a suitable donor can be found, the healthier you'll be when you undergo the transplant.

Step 3: Make Connections

There are multiple ways to connect with potential donors. Social media is an effective tool that can help you reach a large audience. Phone calls to family and close friends is another option. Talk with people at school, work, the gym, worship groups, civic organizations, and even your book club.

Want to know more?

Contact the UAMS Living Donor Coordinator
(501) 686-5403

UAMS Health