



**WHAT DO
JULIA AND STEEVE
HAVE IN COMMON?**

Votre 
gouvernement

Québec 

I DONATED A KIDNEY TO STEEVE

- For years, I had wanted to give my father one of my kidneys. I knew without any hesitation, I really wanted to donate a kidney.
- For more than two years, I watched his health deteriorate.
- Mainly, I was worried he would say no. During my medical assessment, I talked to the transplant nephrologist. I found out that I could have a perfectly normal life with only one kidney.
- He was reluctant. I gave him the time he needed to get more information; I didn't want to push him. Mom really supported him, I had faith.
- The nephrologist explained that the kidney is a vital organ. It filters around 1,500 litres of blood a day, stimulates red blood cell production and controls blood pressure.
- It's no surprise he wasn't doing well and always looked so tired and pale.
- **The nephrologist told me that the kidney would last a lot longer in his body if he was transplanted before or soon after starting dialysis.**
- Time passed. He had no life while he was on dialysis. I waited patiently. I knew he needed to be totally convinced before he could decide.
- When he called me to say he wanted to accept my kidney, it was an incredible moment, it brought tears to my eyes.
- The operation went really well for me. I had the same feeling as when my first child was born: it was like I was giving life. The first thing that surprised me after the operation was how pink his complexion was. I barely recognized him!
- Today, five years after the donation, we're celebrating the birth of my second child, a beautiful, healthy baby girl.

**I CAN
LIVE
NORMALLY
WITH
ONLY
ONE
KIDNEY**

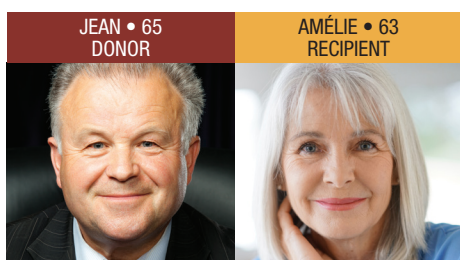
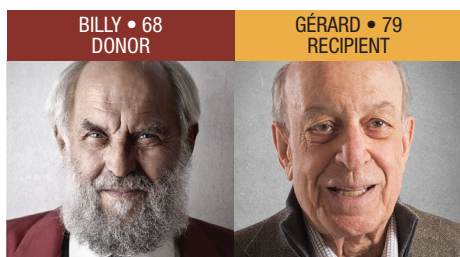
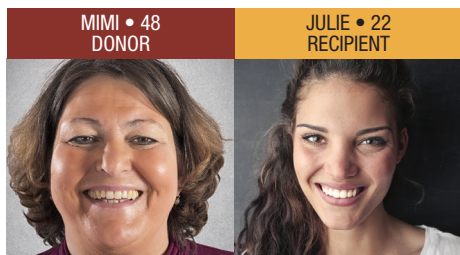


I RECEIVED A KIDNEY FROM JULIA

- My kidney disease had evolved and become chronic.
- That's when the nephrologist brought up the option of a living donor transplant. Julia wanted to give me a kidney. She underwent tests that showed she was healthy and compatible.
- At first, I didn't want to put this responsibility on my daughter, especially since I could get a kidney from someone who had passed away. She was a young mother and I just didn't want her to take any risks.
- I always told her that if I found a kidney from someone else, I would take it. So I started on dialysis and waited for a deceased donor kidney.
- I spent a lot of time thinking about it. The wait time was really, really long.
- My quality of life was declining; I was alive but not living. I was always tired, my complexion was dull and pale, and I was depressed.
- My friend Charles was a great help. He helped me think things through and help me find information.
- I followed my transplant nurse's advice: I got all kinds of information from the websites she told me about.
- **I learned a lot: the risk to the donor is low, and women can even have children after donating. And even if my daughter turned out to be incompatible, it wouldn't be a problem thanks to paired donation.**
- After that, I felt better. I called Julia to tell her that I wanted to accept the kidney she was offering me.
- The operation happened a while later. Only a few hours after the transplant, my kidney started filtering my blood all on its own. It made five litres of urine! The doctors were really impressed with how well my new kidney was working! My skin became healthy and pink again!
- Today, five years after the transplant, I'm fit as a fiddle. I'm feeling fantastic and I'm in great health. Thank you Julia, thank you for my new life!

**A
KIDNEY
FROM
A LIVING
DONOR
WORKS
BETTER
AND
LASTS
LONGER**

**Anyone can give or receive
a kidney, at just about any age*.**



**Contact one of Quebec's five
transplant centres.**

**Centre hospitalier de l'Université de Montréal
(CHUM)**

900, rue Saint-Denis, 6^e étage
Montréal (Québec) H2X 0A9
Clinique de transplantation multi-organes
Phone: 514-890-8000
ext. 24840 (donor)
ext. 23129 (recipient)

**CIUSSS de l'Est-de-l'Île-de-Montréal
• Hôpital Maisonneuve-Rosemont**

5415, boulevard de l'Assomption
Montréal (Québec) H1T 2M4
Clinique externe de greffe rénale
Phone: 514-252-3400 ext. 5632

**McGill University Health Centre (MUHC)
• Glen site**

1001, boulevard Décarie
Montréal (Québec) H4A 3J1
Kidney, Liver, Pancreas and Islet Transplant Clinic
Phone: 514-934-1934
ext. 36003 (donor)
ext. 35222 (recipient)

**CHU de Québec – Université Laval
• L'Hôtel-Dieu de Québec**

11, Côte du Palais
Québec (Québec) G1R 2J6
Clinique pré-greffe rénale
Phone: 418-525-4444 ext. 15691

**CIUSSS de l'Estrie – Centre hospitalier
universitaire de Sherbrooke (CHUS)
• Hôpital Fleurimont**

3001, 12^e Avenue Nord
Sherbrooke (Québec) J1H 5N4
Clinique de greffe
Phone: 819-346-1110 ext. 14129

For more information, visit
Québec.ca • donatingakidney.ca

*Living donors must be 18 or over. From a medical standpoint, certain conditions must be met in order to donate or receive a kidney.