

Pros and Cons of Kidney Transplant: A Comprehensive Guide

Kidney transplantation is a surgery to replace a diseased kidney with a healthy one from a donor. It is a major surgery that can improve the quality of life for people with end-stage kidney disease.



Treatment Options For Patients With Kidney Failure: Practical Guide For Patients: Pros And Cons Of Kidney Transplant by Randall J. Strossen

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There are many pros and cons to consider before deciding whether to have a kidney transplant. Here is a comprehensive guide to help you make an informed decision.

Pros of Kidney Transplant

- **Improved quality of life:** Kidney transplantation can improve the quality of life for people with end-stage kidney disease. It can restore energy levels, reduce pain and fatigue, and improve appetite.

- **Increased life expectancy:** Kidney transplantation can increase the life expectancy of people with end-stage kidney disease. The average life expectancy after a kidney transplant is 10 to 15 years.
- **No more dialysis:** Kidney transplantation can eliminate the need for dialysis, which is a time-consuming and often uncomfortable treatment.
- **Fewer dietary restrictions:** People with kidney transplants have fewer dietary restrictions than people on dialysis.
- **Reduced risk of other health problems:** Kidney transplantation can reduce the risk of developing other health problems, such as heart disease and stroke.

Cons of Kidney Transplant

- **Major surgery:** Kidney transplantation is a major surgery that carries the risk of complications, such as bleeding, infection, and rejection.
- **Long-term immunosuppression:** People who have kidney transplants must take immunosuppression drugs for the rest of their lives to prevent their body from rejecting the new kidney. These drugs can have side effects, such as increased risk of infection and cancer.
- **Donor eligibility:** Not everyone is eligible to receive a kidney transplant. Donors must be healthy and have a compatible blood type and tissue type.
- **Financial implications:** Kidney transplantation is a costly procedure. The average cost of a kidney transplant is \$250,000 to \$350,000.

Survival Rates

The survival rates after kidney transplantation are very good. The 5-year survival rate after a kidney transplant is 85%. The 10-year survival rate is 70%. These rates are higher than the survival rates for people with end-stage kidney disease who are on dialysis.

Donor Eligibility

Not everyone is eligible to receive a kidney transplant. Donors must be healthy and have a compatible blood type and tissue type. The following people are not eligible to donate a kidney:

- People with uncontrolled high blood pressure
- People with active cancer
- People with a history of kidney disease
- People with HIV or AIDS
- People who are pregnant

Financial Implications

Kidney transplantation is a costly procedure. The average cost of a kidney transplant is \$250,000 to \$350,000. This cost includes the surgery, hospitalization, and immunosuppression drugs.

Most health insurance plans cover the cost of kidney transplantation. However, there may be some out-of-pocket costs, such as deductibles and copayments.

Kidney transplantation is a major surgery that can improve the quality of life for people with end-stage kidney disease. However, there are also some

risks and costs to consider before deciding whether to have a kidney transplant.

If you are considering a kidney transplant, it is important to talk to your doctor to learn more about the benefits and risks. You should also discuss your financial situation to make sure you can afford the cost of the transplant.

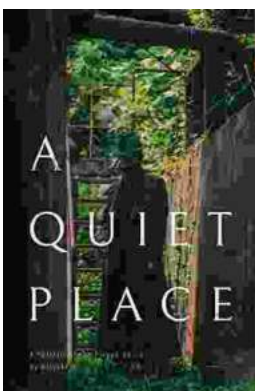


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