Congratulations to our new kidney transplant recipients! This quarter we have done four successful transplants. We are pleased that everyone has done well. Keep up the good work!

Nancy Drake of Chickamauga, Georgia
Teresa Harper of Chattanooga, Tennessee
Ronald Fults of Beersheba Springs, Tennessee

Prescriptions: How to Get the Financial Help You Need

Having trouble paying for medications? Some pharmaceutical companies now offer programs to help cover the cost of their medications.

Eligibility and enrollment criteria can differ from company to company, but generally a patient must be a U.S. citizen or legal resident and must demonstrate financial need or lack of insurance coverage.

To enroll, have your physician complete and submit a program application. Once you are in the system, medications will be mailed in regular shipments. Patients may incur a small charge - averaging around $20 - for shipping cost, but this too may vary from company to company.

If you are interested in receiving assistance, speak with your physician or transplant financial coordinator for additional information. To review the directory of participating pharmaceutical companies, including eligibility requirements, visit www.pparx.org.

\* Adapted with permission from Astellas U.S., Inc.
Decreased bone health is a common problem for kidney recipients during the years after a transplant. This may be a result of reduced kidney function, which results in a lack of calcium and vitamin D absorbed in the body, and long-term steroid use.

When a person’s bone health is reduced, their bones may become weak and brittle resulting in osteoporosis. If left untreated you may become more susceptible to fractures commonly found in the spine, hips, and wrists.

Reduce Your Risk For Osteoporosis

• Get the daily recommended amount of calcium and vitamin D - vitamin supplements may be necessary.
• Try to engage in daily weight-bearing exercise like walking, weight-lifting, and aerobics.

It’s important to recognize those who are celebrating transplant milestones.

During this quarter, there are four recipients celebrating an 18-year anniversary, seven celebrating 17 years; two celebrating 16 years, two celebrating 14 years, one celebrating 13 years, four celebrating 12 years, five celebrating 11 years, five celebrating 10 years, five celebrating 9 years, six celebrating 8 years, two celebrating 7 years, four celebrating 6 years, three celebrating 5 years, one celebrating 4 years, three celebrating 3 years, two celebrating 2 years, and three celebrating 1 year anniversaries.

* Due to privacy restrictions, names cannot be listed without written consent. However, you may contact Misti Thach at (423) 778-5508 to have your name listed in the future.

Talk with your transplant team about your risk for post-transplant osteoporosis and available treatment options to protect bone strength.

Talk with your physician regarding strategies for minimizing your current dosage of steroids if they are part of your current medication regime.

* adapted with permission from Astellas US, Inc.

- Use a pill box to make sure every dose of medication is taken every day. Help your loved one fill it weekly.
- Keep a medication list on the refrigerator and a copy with you at all times to ensure that no doses are missed.
- Watch their diet. Healthy eating is very important to long-term kidney health.
- Speak with a dietitian about specific nutritional needs. Steroids can cause an increased appetite, resulting in unwanted weight gain. A dietitian can set up a diet plan that takes the patient’s unique needs and challenges into account.
- Make sure that your loved one gets the amount of exercise the doctor prescribes. And remember, exercise doesn’t have to mean a jog around the block. It can be as simple as a long walk together.
- Watch the whole patient. If you think there’s a problem, trust your judgment and contact your physician.