

Patient's Corner

This double living organ donor isn't done giving back

by Courtney Mahrt, Communications Coordinator
The Centre for Living Organ Donation at UHN

Living organ donation has always been on Megan Thomas's radar. It is something most people are unlikely to think about. For Meg and her family, organ donation and transplant have been a fact of life.

Meg's mother Jan has Polycystic Liver and Kidney Disease, a hereditary disease that kept her in Toronto General for large stretches of Meg's childhood. To manage her disease, Jan had 2 liver transplants and needed a kidney transplant. Meg always thought she would donate a kidney to her mother, but things don't always go according to plan.

In late 2016, a close friend was very sick. Her second living kidney transplant had been cancelled and things looked desperate. Meg was a match and the transplant was a success.

Filled with the deep satisfaction of having saved a friend's life, Meg began to write about her experience. "Through writing I started to feel as though my living donation journey wasn't complete yet. I couldn't find the perfect ending."

On May 23, 2019, Meg donated a portion of her liver to a one-year-old baby. The baby was born with biliary atresia and had lived her entire life in Sick Kids Hospital. The baby's mother named Meg godmother, and the three of them



Megan Thomas and her living transplant recipients at the Living Donor Recognition Event

celebrated their six month "liver-versary" on November 23, 2019.

"It's been a really eventful six months – there's so much to celebrate. The baby is eating solid foods, crawling, walking and talking, it's just incredible. And I've healed beautifully. My liver has fully regenerated and I have a foot-long scar fit for a warrior."

"I know there's more to come, that there are going to be more ups and downs. Beginnings are scary and endings are often sad, but it's the middle that matters the most. I choose to search for the small things in everyday life that put a smile on my face. I choose to be grateful. I choose to be brave, and to never wait for permission to start changing the world."

Visit these sites to learn more:

UHN Centre for Living Organ Donation:
livingorgandonation.ca

Canadian Blood Services – Living Donation:
blood.ca/en/organs-tissues/living-donation

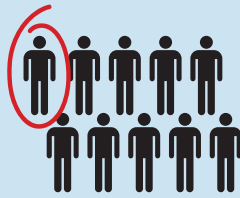


Health Talks

World Kidney Day is March 12th

Kidney Health for Everyone Everywhere

It is estimated that 850 million people worldwide have chronic kidney disease. **That's one in ten adults.**



This year World Kidney Day asks everyone in every country to advocate for strategies that prevent kidney disease from getting worse. These strategies include focusing on primary care, raising awareness and education, and empowering patients.

The UHN nephrology (kidney) team is:

- raising awareness about chronic kidney disease
- promoting healthy living that includes physical activity and healthy diets
- making sure kidney patients get basic health services to manage their condition, such as controlling blood pressure and cholesterol and having the medicines they need

Join us as we celebrate World Kidney Day!



Date: Thursday, March 12th

Time: 8:00 am – 2:00 pm

Location: Eaton Lobby at the Elizabeth Street entrance, Ground Floor, Toronto General Hospital

Join in on the conversation on social media by following and using these hashtags: #UHN_WorldKidneyDay #WorldKidneyDay

March Health Talk: Tuberculosis

Date: Friday March 27, 2020

Time: 1:00 – 2:30 pm

April Health Talk: Eye Conditions/ Vision Health

Date: Friday April 24, 2020

Time: 1:00 – 2:30 pm

Location: Toronto Western Hospital, Auditorium, West Wing, 2nd Floor, 399 Bathurst Street

To register go to <http://bit.ly/UHN-HT-Register>, email Evangeline.Roldan@uhn.ca call 416 340 4800 ext. 5647.

You can watch the talk online at: bit.ly/UHN-HT-Feb2020



You can find up to date information on the coronavirus at these websites:

UHN – Coronavirus Information for Patients & Families: www.uhn.ca/PatientsFamilies/Patient_Services/Infection_Control/Pages/Coronavirus_information.aspx

Ontario Ministry of Health – 2019 Novel Coronavirus: www.ontario.ca/page/2019-novel-coronavirus

Centre for Disease Control – About 2019 Novel Coronavirus: www.cdc.gov/coronavirus/2019-ncov/about/index.html

Thank you for your generous support of the Annual Fairchild Chinese-Canadian Radiothon in support of the Asian Community Health Fund

To make a donation online please visit: chinesecanadianradiothon.ca

Attention OHIP “red and white” cardholders

As of **July 1, 2020**, red and white health cards will no longer be accepted for OHIP services.



Ask about a photo health card today (it's free) or visit [ServiceOntario.ca/RedandWhite](https://www.ontario.ca/RedandWhite).



Update Your Ontario Health (OHIP) Card

You must get a photo health card if you have a red and white health card. You will not be able to use the red and white card after July 1, 2020.

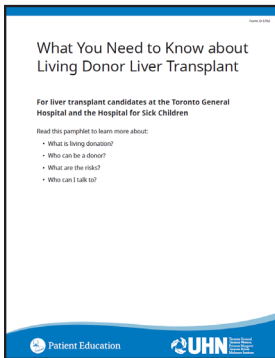
Go to your nearest ServiceOntario centre and bring:

- a filled Health Card Re-Registration Form
- your red and white health card
- proof of Canadian citizenship or OHIP-eligible immigration status
- proof of residency in Ontario
- proof of identity

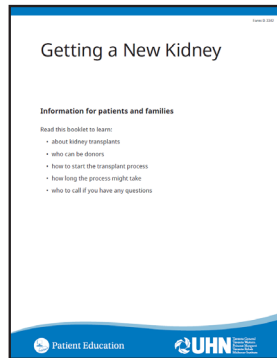
Your proof documents must be originals, not photocopies. For more information on updating your health card, visit: www.ontario.ca/page/health-care-ontario

Resources at your Patient & Family library

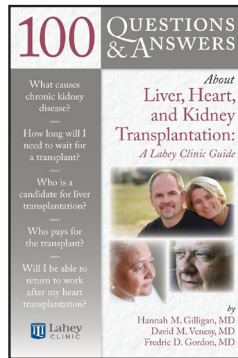
Brochures



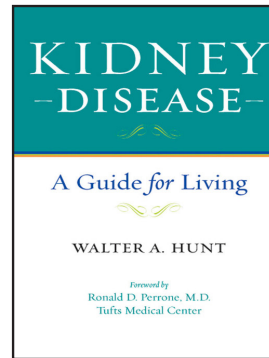
What you need to Know About Living Donor Liver Transplant (D-5702)



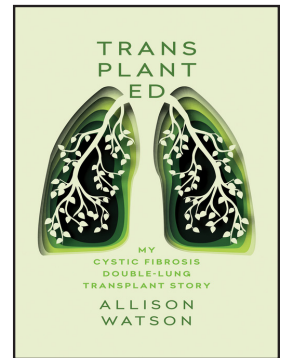
Getting a New Kidney: Information for Patients & Families (D-3342)



100 questions & answers about liver, heart, and kidney transplantation (book)



Kidney Disease: A Guide for the Living (book, eBook)



Transplanted: My Cystic Fibrosis Double Lung Transplant Story (eBook)

Contact Patient & Family Learning Centres

Princess Margaret
416 946 4501 ext. 5383
patienteducation@uhn.ca
2nd Floor, Northwest Atrium

Toronto General
416 340 4800 ext. 5951
tgpen@uhn.ca
Level 1 of the Norman Urquhart (NU) Building

Toronto Western
416 603 6277
twpfl@uhn.ca
1st floor of the West Wing

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