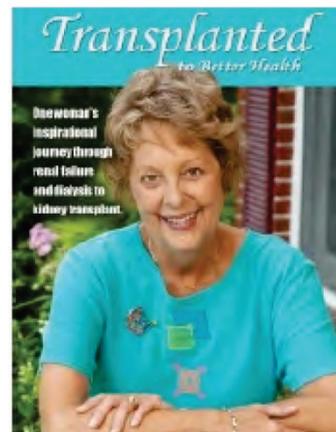


Patient Testimonial: Carole's Story*

Hello! I'm a three-year kidney transplant recipient and am feeling just wonderful! My name is Carole, and I live near Harrisburg, PA. I had reflux disease at birth culminating in ESRD when I was in my 60s.

I remember very clearly the time I faced the decision of whether to remain on peritoneal home dialysis or receive a kidney transplant. I was on the dialysis machine ten hours every night, seven days a week. It was a difficult time for both depended on our faith in God to see us through. I had an awesome personal relationship with Him, so when transplant was needed I was on solid ground with my faith and trusted in the Lord to help us.



If you are a new potential transplant candidate, be positive and stay positive. Be grateful when a match comes up for you, as this will be your new lease on life. Hold on to your faith in God. Never give up. Believe and picture a happy ending, and it will happen that way.

Each day, I take quite a few pills including, of course, the antirejection pills, but I would do it all again in a heartbeat. What a change in my life - not to be tethered to a dialysis machine with its lights, tubes and bags, and to be able to experience a much higher quality of life. I am a free woman and it's a good feeling. My energy level is way up and I sleep so well at night. It's great to be able to eat whatever I want with very few restrictions. Today, I look in the mirror and my skin tone is back to normal. Wow! It just doesn't get any better than that for me.

I wrote a memoir about my journey through renal failure and dialysis to a kidney transplant. My story is honestly written (through my darkest days) with my personal thoughts and feelings in journal entries, and it's called *Transplanted to Better Health*. For more information, please check out my website: www.transplantedtobetterhealth.weebly.com, or e-mail me at transplanted44@hotmail.com. My book is endorsed by The Kidney Foundation of Central Pennsylvania and can be seen with reviews and purchased on amazon.com, or through me.

**This story is an excerpt from "Your Life, Your Choice," a publication of QIRN 4.*

Should you need to file a grievance, please contact Quality Insights Renal Network 4 on the Toll Free Patient Line: 1-800-548-9205, dknight@nw4.esrd.net, www.qirn4.org or 630 Freedom Business Center, Suite 116, King of Prussia, PA 19406. This material was prepared by Quality Insights Renal Network 4 under contract #HHSM-500-2013-NW004C with the Centers for Medicare and Medicaid Services (CMS). The contents do not necessarily reflect CMS policy. Publication No. ESRD4-051515

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Patient Hotline
800.548.9205