

# Patient Testimonial: Happy 15th Anniversary to Me

My name is Lou Yang and I am a 73 year old kidney transplant survivor. I was told I would need dialysis when I was around 52 years old. I was told I would not live past 8 months if I did not go on dialysis. I did not believe my doctors, so I did not go on dialysis. I started to have difficulty breathing about a month after refusing dialysis. I remember sitting up in the living room sofa to sleep at night. One night, I called my son and told him that I felt as though I was going to die. My son took me to the hospital and that was the beginning of my dialysis journey.



I remember my doctors and nurses asking me if I wanted to go talk to a transplant center about being evaluated to see if I would be able to get on a kidney transplant list. I am thankful my doctors and nurses encouraged me because I did not know there was anything else to clean my blood except for coming to the dialysis center. Within the first year of dialysis, I was evaluated by the transplant center and was on a waiting list. About 2 – 3 years into receiving in-center hemodialysis, I needed to change treatment modality. I went to peritoneal dialysis (PD) and was on PD for almost 3 more years. I thought to myself, “It’s been a while...why have I not received a call from the transplant center?” I started asking questions, and about 2-3 weeks later, I started receiving calls from the transplant center. In the summer of 2000, I received a kidney and had a kidney transplant at Hershey Medical Center. I just had my 6 months visit with my kidney doctor and he said my kidney is very good.

I am thankful for another chance to do the things I love. I look forward to spring because I can garden every day! I still remember those days after my dialysis treatments where I was tired and my legs would often cramp. Even though I have to take post-transplant medications every day, it’s better than dialysis.

My advice to those who are still deciding if they want to go talked to a transplant center is this, “You have to get in line. If you don’t get in line, you will never know.”

*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](mailto:dknight@nw4.esrd.net), [www.qirn4.org](http://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. ESRD4-050515*

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