

10

Things I Wish I Had Known Before and After My Kidney Transplant



According to Shane Moore and Kendon Holdaway, two kidney transplant recipients.

- 1 The road isn't always going to be easy—and that's ok.
- 2 Never stop learning about kidney disease and transplantation.
- 3 Always advocate for yourself and communicate with your care team.
- 4 Your mental health is just as important as your physical health.
- 5 Support systems and networks are critical.
- 6 You have to be open to change and sacrifice.
- 7 The recovery process can be longer than expected.
- 8 Some things can be compromised on, others cannot.
- 9 Try to develop a positive mindset.
- 10 It's a journey so enjoy the ride.

