

Mayo Clinic Minute: Expanding the living kidney donor pool to people with Type 2 diabetes

With more than 90,000 people in the U.S. awaiting kidney transplants, the demand exceeds the available supply — emphasizing the critical importance of identifying safe ways to broaden the donor pool.

[Dr. Naim Issa](#), a Mayo Clinic transplant nephrologist, says, until recently, patients with Type 2 diabetes have been ruled out as potential living kidney donors. Now, following strict criteria, some patients may be eligible to help close the gap on this ever-growing need for living kidney donors.

Video	Audio
	Every eight minutes, a person is added to the national kidney transplant waiting list.
Naim Issa, M.D. Nephrology Mayo Clinic	"Unfortunately, in this country, there is a large gap between the demand for kidney transplantation and the supply of organs from deceased donors."
	Dialysis is an option for patients with end-stage kidney disease. Though Mayo Clinic's Dr. Naim Issa says a transplant is preferred — and having a living donor is best.
	"Kidney transplantation offers greater survival benefits and increases the lifespan of people in need of kidney transplant."
	And that's a reason why it's important to expand the eligible donor pool.
	"Allowing people with Type 2 diabetes mellitus may open the door for some people who have not been eligible before to be potential living kidney donors."
	Those eligible must be older than 60, have well-controlled Type 2 diabetes, not on insulin and have no family history of kidney disease.
	"Any potential individual who would like to be a candidate for living kidney donation, should undergo a very thorough health assessment."
	For the Mayo Clinic News Network, I'm Jason Howland.