

Mayo Clinic Minute: Reasons to be a living kidney donor

VIDEO	AUDIO
	"We can get people better matched kidneys through a larger pool of donors."
	Mayo Clinic's Dr. Naim Issa says a common misconception is that a kidney donor needs to be a first-degree relative.
Naim Issa, M.D. Transplant Nephrology Mayo Clinic	"Anyone can be a living kidney donor and does not need to be relative."
	Another myth ... the donor kidney needs to come from a person of the same race.
	"Kidney is a kidney. It doesn't matter whatever race you are."
	He says if you're worried that you might be too old to donate, you shouldn't. If you're healthy and over 18, you might be a match.
	"In general, we typically say up to 70 years, but, in fact, there is no age limit for living kidney donation."
	Up until recently, anyone with type 2 diabetes was ruled out as a living donor. But now, based on certain health requirements, some of those candidates may be eligible.
	"By expanding the criterias to allow more individuals with type 2 diabetes to be potential donors, we can close the gap between the high demand for organs and the need for kidney transplants."
	For the Mayo Clinic News Network, I'm Jason Howland.