

## Mayo Clinic Minute: Battling barriers to transplant surgery

Each year, there are thousands of people waiting for a kidney or liver transplant in the U.S. Some of those transplant candidates are living with diabetes, high blood pressure or obesity, which can sometimes complicate the surgical procedure.

[Dr. Shennen Mao](#), a Mayo Clinic transplant surgeon, offers advice on preparing patients for the lifesaving operations.

Video	Audio
	Obesity often plays a significant role in a patient's transplant journey. Excess body weight can contribute to type 2 diabetes and hypertension, which can cause harm to vital organs.
Shennen Mao, M.D. Transplant Surgery Mayo Clinic	"Obesity can also lead to worsening or progression of kidney failure and worse outcomes after either liver or kidney transplant."
	Dr. Shennen Mao says it's important that healthcare professionals give patients the tools they need to manage obesity before undergoing liver and kidney transplant operations.
	"This could include medications, dietary counseling and, in some cases, partnership with our bariatric surgical colleagues to perform bariatric surgery either at the time of transplant or in preparation for transplant."
	Injectable diet drugs are an option for some people, while others might opt for surgery.
	"We typically recommend a sleeve gastrectomy, which is a restrictive procedure, meaning it limits the amount of food an individual can eat at one time."
	Eating a nutritious, well-balanced diet and exercising regularly can improve transplant outcomes.
	For the Mayo Clinic News Network, I'm Sonya Goins.
