



资讯

有关肾脏/胰脏移植

所列出的资讯可能有助于移植病者、家人、或支持者、及活体捐赠者。

所列的资讯是以英文字母的顺序排列。包括：

- 政府单位
- 社区资源
- 印刷品的资源
- 募款资源

如您需要这些资源以外的其他信息、可请告诉您移植团队的人员。他们会很乐意地为您查询更多有关移植的信息。

搜寻网上医疗资讯

当您在网上搜寻任何医疗资讯时、请遵照这些提示：

- 找出这些资料的来源是由谁提供的。确认他们是该信息的专家。
- 找出谁拥有该网站、并考虑是否存着偏见。例如想借此销售某一个公司的产品。
- 寻找有新近帖子的网站。健康信息是经常会变得过时的。
- 如您对在网上找到的资讯有疑问、可徵询您的医护人员。



决定在线信息的信实度时，请遵循本章中的指导原则

资讯：

美国肾脏病者协会（American Association of Kidney Patients）

网站：www.aakp.org

电话：800.749.2257

地址：3505 E. Frontage Rd., Suite 315, Tampa, FL 33607

为慢性肾病患者提供资讯、转介及代言。

美国肾脏基金会 (American Kidney Fund)

网站: www.kidneyfund.org

电话: 800.638.8299

地址: 6110 Executive Blvd., Suite 1010, Rockville, MD 20852

为有需要的移植接受者及活体肾脏捐赠者提供有限的经济补助。

美国器官移植交通服务协会 (American Organ Transplant Association)

网站: www.aotaonline.org

电话: 832.930.2682

为移植病人提供交通上的帮助。

华州社会及健康服务部 (Department of Social and Health Services, DSHS)

网站: www.dshs.wa.gov

此州政府机构负责多种计划、如 Medicaid (残疾者及低收入者的医疗保险)、残疾人的现金福利、以及援助低收入和单身父母。

您可以在线查寻有关您当地 DSHS 办公室的信息:

- 上 www.dshs.wa.gov。
- 下拉列表“我如何。。。?” (“How Do I ... ?”) 点击“找一个当地的服务办公室” (“Find a local service office”)
- 下拉列表“如何找到经济管理办公室” (“How to Find an Economic Services Administration Office”) 点击“社区服务办公室” (“Community Services Offices”)。
- 输入您的邮政编码, 然后点击“执行” (“Apply”) 以获取当地 DSHS 办公室地址和电话号码。

为移植筹措资金—每一位病者都应该知道的事项 (Financing Transplantation – What Every Patient Should Know)

由联合器官共享网络 (United Network for Organ Sharing) 发行

联合器官共享网络 (UNOS) 发行的小册。在本讲义的第 4 页有与 (UNOS) 联系的资讯。

协助希望生活 (Help Hope Live)

网站: www.helphopelive.org

一个帮助移植患者在做器官移植时为健康和生活费用筹集资金的非营利组织。

生命的选择复健辅导 (LifeOptions Rehabilitation Council)

网站: www.lifeoptions.org

是一个非营利机构、为无论是在透析、或是在移植后、想要了解更多关于复健及恢复工作的病者提供的教育材料。

联邦健保 (Medicare)

网站: www.medicare.gov

电话: 800.MEDICARE

此联邦机构为老年人提供健康保险。它还管理终末期肾脏疾病的医疗保险计划。

国家家庭护理人员协会 (National Family Caregivers Association)

网站: www.nfcacares.org

电话: 800.896.3650

地址: 10400 Connecticut Avenue, #500, Kensington, MD 20895-3944

为慢性疾病患者的家庭护理人员提供教育、支持和倡导。

国家移植基金会 (National Foundation for Transplants)

网站: www.transplants.org

电话: 800.489.3863

协助病人为移植所需的费用募款。

国家肾脏基金会 (National Kidney Foundation)

网站: www.kidney.org

电话: 800.622.9010

地址: 30 East 33rd Street, Suite 1100, New York, NY 10016

提供有关肾脏病的各种教育材料。还为接受移植者提供重要的信息和支持。可以致电上述号码、取得资料的编号、或上该网站查看“病人”的部分。

国家活体捐赠者协助中心 (National Living Donor Assistance Center)

网站: www.livingdonorassistance.org

为活体器官捐赠的费用提供经济援助

捐赠器官者的资讯 (Organ Donor Information)

网站: www.organdonor.gov

有关活体及遗体器官捐献者需要的资讯。

器官获取及移植联网 (Organ Procurement and Transplantation Network)

网站: <http://optn.transplant.hrsa.gov>

美国最新的移植资讯

肾脏支持联网 (Renal Support Network)

网站: www.rsnhope.org

非营利性、由患者经管的组织、为慢性肾病的患者提供非医疗服务。

社安部 (Social Security Administration)

电话: 800.772.1213

网站: www.ssa.gov

此联邦单位管理社安残障、社安补助金、社安退休金及联邦健保。

移植团队 (Team Transplant)

联系人: 爱丽森·戴克尔特 Alysun Deckert, MSRD, CD

电话: 206.598.6351 电子邮箱: teamt@uw.edu

网站: www.uwmcteamtransplant.com

是华大医疗中心 UWMC 附属的跑步和步行的组织、开放给所有接受移植 (任何器官) 的人士及有兴趣的职员。移植队是一个非正式的扶持组织、其宗旨是促进器官捐赠、及提供服务、并举办专题研讨会、主题包括: 营养、伸展操、及如何选择鞋类等等。该组织每年至少参加 1 次半马拉松竞赛、以及其他不定期的当地活动。

回归生活的道路 (The Road Back to Life)

网站: www.theroadbacktolife.com

为肾病患者提供指导, 支持和建议。

移植生活 (Transplant Living)

网站: www.transplantliving.org

联合器官共享机构提供的服务。

移植接受者国际组织 (Transplant Recipients International Organization)

网站: www.trioweb.org

欲知本地分会的联系号码、请访问该网站。

移植网 (TransWeb)

网站: www.transweb.org

是一个网上的组织、提供有关移植的信息。透过该网站可以让您与其它移植患者及等待移植的人的在线聊天的网站。

联合器官共享机构 (United Network for Organ Sharing (UNOS))

网站: www.unos.org

电话: 888.894.6361

联合器官共享组织 (UNOS) 是联邦特许机构、定置美国器官分配政策及程序。该网站列出了各地区、移植中心移植的成功率。该网站还拥有其他的移植患者的信息。

您有疑问吗?

我们很重视您的疑问。当有疑问或顾虑时, 请致电您的医生或医护人员。

移植科电话: 206.598.3882

Resources

For a kidney/pancreas transplant

This list of resources may be helpful to transplant patients, their families or support persons, and living donors.

The resources in this chapter are listed in alphabetical order. They include:

- Government agencies
- Community resources
- Printed resources
- Fundraising resources

If you want more resources, talk with someone on your transplant team. They will be happy to help you find more information on transplant topics.

Checking Online Health Information

When searching for health information online, please follow these guidelines:

- Find out who is providing the information. Make sure they are experts in their fields.
- Find out who owns the site. Consider if they might have a bias, such as a company that wants to sell a product.
- Look for sites with recent posts. Health information becomes outdated quickly.
- If you have questions about something you find online, ask your healthcare provider about it.



Follow the guidelines in this chapter when deciding what online information to trust.

Resource List

American Association of Kidney Patients

www.aakp.org

800.749.2257

3505 E. Frontage Rd., Suite 315, Tampa, FL 33607

Provides information, referral, and advocacy for people with chronic kidney disease.

American Kidney Fund

www.kidneyfund.org

800.638.8299

6110 Executive Blvd., Suite 1010, Rockville, MD 20852

Provides limited financial grants to needy transplant recipients and living kidney donors.

American Organ Transplant Association

www.aotaonline.org

832.930.2682

Provides transportation help to transplant patients.

Department of Social and Health Services (DSHS)

www.dshs.wa.gov

A state agency that runs programs such as Medicaid (medical coverage for the disabled and low-income), cash benefits for the disabled, and aid to low-income and single parents.

You can find information about your local DSHS office online:

- Go to *www.dshs.wa.gov*.
- Under “How Do I ... ?” click on “Find a local service office.”
- Under “How to Find an Economic Services Administration Office,” click on “Community Services Offices.”
- Enter your zip code and click on “Apply” for your local DSHS office address and phone number.

Financing Transplantation – What Every Patient Should Know By the United Network for Organ Sharing

A brochure from United Network for Organ Sharing (UNOS). See the UNOS listing on page 4 of this chapter.

Help Hope Live

www.helphopelive.org

A nonprofit group that helps transplant patients raise funds for unmet health and living expenses when having an organ transplant.

LifeOptions Rehabilitation Council

www.lifeoptions.org

A nonprofit agency that provides educational material for people who want to learn more about rehabilitation and returning to work, either while on dialysis or after a transplant.

Medicare

www.medicare.gov

800.MEDICARE

A federal agency that provides health insurance for senior citizens. It also runs the Medicare insurance program for End Stage Renal Disease.

National Family Caregivers Association

www.nfcacares.org

800.896.3650

10400 Connecticut Avenue, #500, Kensington, MD 20895-3944

Provides education, support, and advocacy for caregivers of people who have a chronic illness.

National Foundation for Transplants

www.transplants.org

800.489.3863

Helps patients raise funds to cover expenses of organ transplants.

National Kidney Foundation

www.kidney.org

800.622.9010

30 East 33rd Street, Suite 1100, New York, NY 10016

Provides educational materials on most aspects of kidney disease. Also provides information and advocacy for issues that are important to transplant recipients. Call the number for a list of materials, or visit the “Patients” section of their website.

National Living Donor Assistance Center

www.livingdonorassistance.org

Provides financial aid for costs of a living organ donation.

Organ Donor Information

www.organdonor.gov

Information about the need for both living and deceased organ donors.

Organ Procurement and Transplantation Network

<http://optn.transplant.hrsa.gov>

Up-to-date information on transplants in the U.S.

Renal Support Network

www.rsnhope.org

A nonprofit, patient-run organization that provides non-medical services to those affected by chronic kidney disease.

Social Security Administration

800.772.1213

www.ssa.gov

A federal agency that runs programs such as Social Security Disability, Supplemental Security Income (SSI), Social Security Retirement, and Medicare.

Team Transplant

Contact: Alysun Deckert, MSRD, CD, 206.598.6351, teamt@uw.edu

www.uwmcteamtransplant.com

A UWMC-affiliated running and walking group, open to all transplant recipients (any organ) and interested staff. Team Transplant promotes organ donation and is an informal support network. Special workshops are held on topics such as nutrition, stretching, and footwear. The group enters at least 1 half-marathon event each year, and other local events from time to time.

The Road Back to Life

www.theroadbacktolife.com

Offers mentoring, support, and advice to kidney patients.

Transplant Living

www.transplantliving.org

A service of the United Network for Organ Sharing organization.

Transplant Recipients International Organization

www.trioweb.org

Visit the website for contact numbers for your local chapter.

TransWeb

www.transweb.org

A web-based organization that provides information about transplants. This site can link you to an online chat list for transplant patients and those waiting for transplant.

United Network for Organ Sharing (UNOS)

www.unos.org

888.894.6361

A federally-chartered organization that sets policy and procedures for transplant organ distribution in the U.S. Their website has information on success rates for organ transplant listed by region and specific transplant centers. The site also has other information for transplant patients.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Transplant Services:
206.598.3882