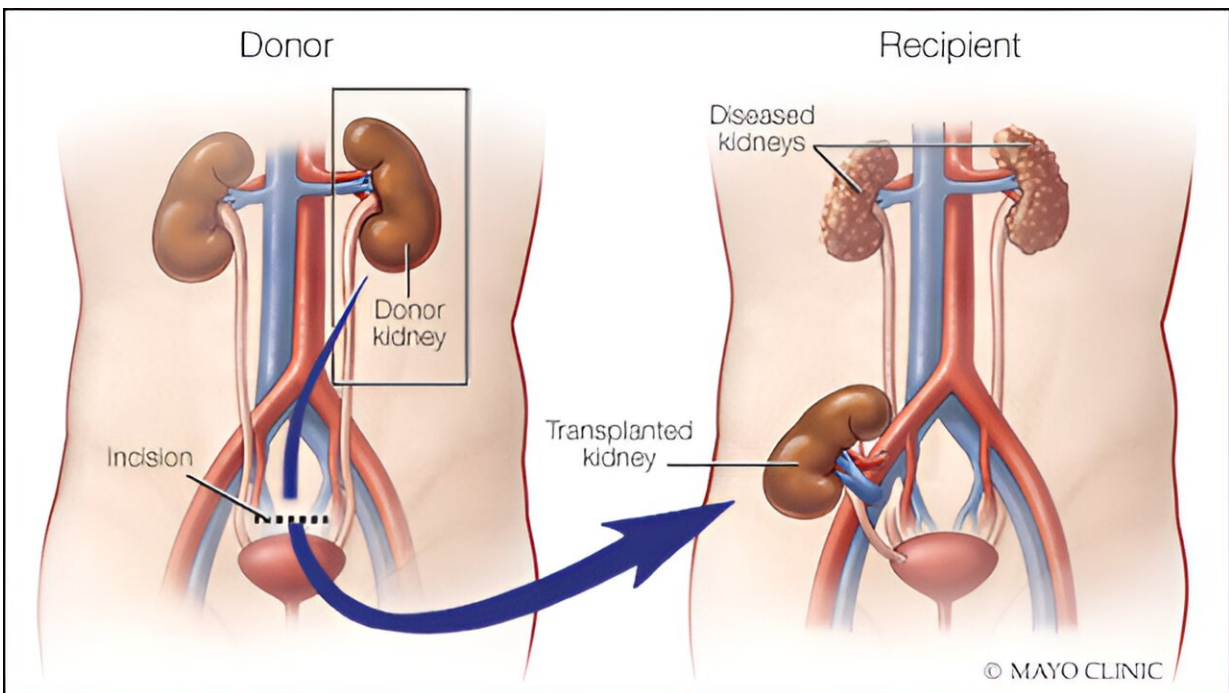


# Expanding the living kidney donor pool to those with Type 2 diabetes

March 1 2024, by Deb Balzer



Medical illustration of living kidney donation. Credit: Mayo Clinic

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 kidney 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.

Every eight minutes, a person is added to the national kidney transplant waiting list.

"Unfortunately, in this country, there is a large gap between the demand for [kidney transplantation](#) and the supply of organs from deceased donors," says Dr. Issa. Dialysis is an option for patients with end-stage kidney disease. Though Dr. 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](#)," he says.

And that's a reason why it's important to expand the eligible kidney 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," Dr. Issa says.

### **Criteria for a living kidney donor with Type 2 diabetes**

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 and very thorough examination to ensure they are healthy enough," says Dr. Issa.

It's about safeguarding the potential [donor](#)'s overall health—while helping close the gap.

Provided by Mayo Clinic

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