

## Mayo Clinic Minute

### Being a living organ donor is safer, easier than you think

Video	Audio
	More than 95,000 Americans are waiting for a kidney transplant right now, and most will wait an average of five to 10 years for a good kidney from a deceased donor.
	But since you only need one good kidney to be healthy, donating a kidney to someone in need is much safer than most people realize.
00:03:34 <b>Mikel Prieto, M.D.</b> <b>Transplantation Surgery</b> <b>Mayo Clinic</b>	“They are up and walking, and eating and drinking the day after the surgery. The pain usually is well-controlled.”
	Dr. Mikel Prieto, a Mayo Clinic transplant surgeon, performs multiple kidney transplants a week.
	He says surgeons have been performing living kidney transplants for more than 50 years, and the risks for complications or future kidney problems are lower than most people think.
00:01:15	“Kidney donation does not increase your chances of having kidney failure really, and if you end up having that, which is a low, low chance, you will have some benefits from having been a donor.”
	Dr. Prieto says, overall, kidney donation is a fairly safe way to save a life.
00:04:15	“We would not be doing this if we were seeing people – healthy people – getting hurt by donating a kidney.”
	For the Mayo Clinic News Network, I’m Ian Roth.