

Friends and Family Letter Template #1:

This letter is a guide to help you create a customized letter to send to your friends and/or family to tell them about your need for a kidney donor. Feel free to talk to your donor search coach to get recommendations on what information to include and guidance on making changes and additions that are best for you. Areas that need to be customized are highlighted.

Dear family and friends:

I hope this letter finds you well and happy. I am writing because I have some important health news to share.

Over the past few months, I have had some health challenges, and my medical team is now recommending a kidney transplant as my best chance to regain my health and quality of life.

Kidneys are vital organs that perform many important functions in the body. Primarily, they filter waste products and excess substances, such as water, electrolytes, and toxins, from the blood to form urine. They also filter the blood, regulate blood pressure, and produce red blood cells, among other things. When the kidneys stop working, it causes many problems in the body and can eventually lead to death.

There are two ways I can get a kidney: from a deceased donor or from a living donor. Many of you may not know about living kidney donation—before this experience, I didn't either. Basically, we each have two kidneys, but we only need one to live. You can donate a kidney and still live a full, long, healthy life with only one kidney—most people never even notice!

I **[am on/plan to join DELETE THE VERSION THAT DOES NOT APPLY TO YOU]** the waiting list to receive a kidney from a deceased donor, but there are close to 90,000 people in the U.S. waiting for a kidney, and there are not enough to go around.

A living kidney donor is a much better option for several reasons. First of all, it would enable me to get a transplant much sooner. Second, living donor kidneys tend to last twice as long as deceased donor kidneys, so a transplant with a living donor kidney might last me years longer than one with a deceased donor kidney.

I am sharing all this with you because I am now looking for a living kidney donor. I want to stress that you should not feel obligated in any way to donate a kidney, and neither I nor anyone in the family will try to convince you to become a donor. I know it is a big deal and I would never want you to feel pressured or uncomfortable. Honestly, having your love and support at this time is more than enough, and I am very grateful for it.

Of course, if you or anyone you know is interested in learning more about the living kidney donation process or exploring the possibility of becoming a donor, I would be happy to discuss it openly and answer any questions you may have. I understand that this is a significant decision, and I want everyone to make the choice that feels right for them.

If you want to learn more about the process, please visit my microsite [\[ADD YOUR MICROSITE URL HERE\]](#).

Thank you for taking the time to read this letter and for being an important part of my life.

Warmly,

[Your Name]

[Phone number or email address if comfortable sharing]