

# MEDfacts

An Educational Health Series From National Jewish Health®



## Lung Transplant: transPLANt: Sick Enough to Need Surgery, But Well Enough to Endure the Surgery

### THINKING ABOUT A LUNG TRANSPLANT?

**Prepare:** by getting yourself physically, mentally and financially ready for transplant.

**Learn:** about all of your options and potential risks associated with advanced lung disease.

**Ask:** your care team questions when you are ready to talk about your options.

**KNow:** the DO's and DON'Ts of a lung transplant.

HERE ARE SOME GUIDELINES TO MAKE YOU A STRONGER CANDIDATE AND IMPROVE YOUR OUTCOMES POST-LUNG TRANSPLANT:

**DO**

### LUNG TRANSPLANT DO'S

- Have chronic end-stage lung disease with limited life expectancy despite continued maximal medical therapy
- Speak to your provider about how a highly resistant infection can affect your post-transplant outcomes
- Participate in regular physical activity and/or pulmonary physical therapy program
- Have a consistent and reliable social support system
- Ask about post-transplant appointments, post-transplant medications and living situations
- Be able to meet the financial obligations associated with transplant
- Stop using alcohol, tobacco, marijuana substances, narcotics or benzodiazepines
- Be at a healthy weight
- Have well-managed psychological care
- Be up to date on all vaccinations and health screens

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### LUNG TRANSPLANT DON'TS

- Have cancer in the last two years or other advanced health issues that may affect your transplant options
- Be extremely overweight or underweight
- Have an untreated psychiatric or psychological condition that prevents you from complying with the transplant medical plan
- Miss appointments or treatments
- Use alcohol, tobacco, marijuana substances, narcotics or benzodiazepines
- Lack a reliable social support system

For further information on lung transplants talk with your health care team. Another resource is:

Organ Procurement and Transplantation Network, <https://optn.transplant.hrsa.gov/>

Note: This information is provided to you as an educational service of National Jewish Health. It is not meant to be a substitute for consulting with your own physician.

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