

## 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:



### 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



### 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/>

Visit our website for more information about support groups, clinical trials and lifestyle information.

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