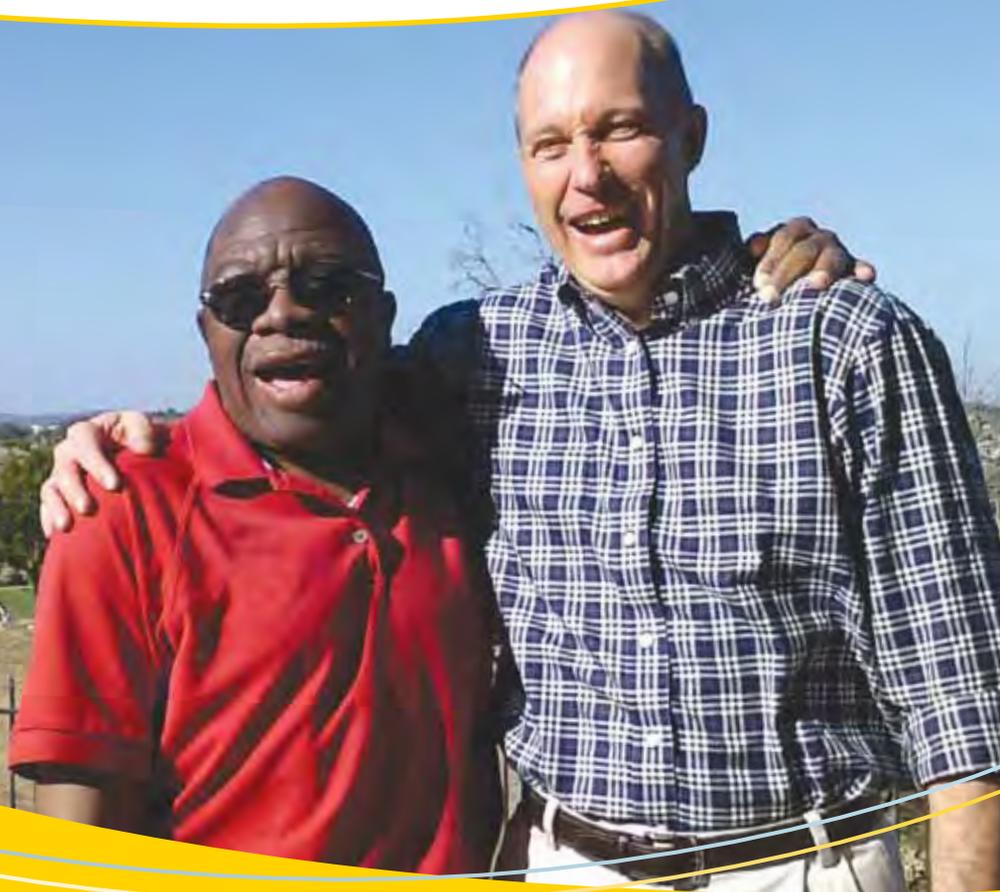




MedStar Georgetown
Transplant Institute



Kidney Transplant Program

Restoring Hope to People Who Have Kidney Disease

Knowledge and Compassion
Focused on You

MedStar Georgetown Transplant Institute is the most experienced transplant center in the Washington, D.C. region.

Our transplant team cares for patients at both MedStar Washington Hospital Center and MedStar Georgetown University Hospital. Our experience, expertise and talent make the Institute a leader in all aspects of transplant care.

The Institute specializes in kidney, liver, pancreas, small bowel and multi-organ transplants. With a comprehensive team of dedicated surgeons, nephrologists, coordinators, social workers and psychiatrists, the MedStar Georgetown Transplant Institute has restored hope to many people—helping them improve their quality of life. Some of our specialty centers include:

- Kidney, Pancreas and Islet Cell Transplantation Program
- Liver Transplantation and Hepatology Program
- Center for Intestinal Care and Transplant
- Transplant Center for Children
- Center for Liver and Pancreas Surgery

Chronic kidney disease affects more than 20 million individuals in the United States. Patients with diabetes mellitus, hypertension and a family history of kidney disease carry a higher risk of developing this problem. Early diagnosis and treatment could slow the progression, but some patients may develop end-stage renal disease (ESRD) which would require dialysis or kidney transplantation. In 2012, there were more than 600,000 patients with ESRD in the U.S. with 430,273 patients needing dialysis and 186,303 patients with a functioning kidney transplant.^{1,2,3}

If your physician has suggested that a kidney transplant is the best option, the MedStar Georgetown Transplant Institute offers a comprehensive kidney and pancreas transplant program. Along with superior medical care and services, our successful program includes:

- **Successful outcomes and survival rates that are among the best in the nation**
- **A dedicated and specialized team of transplant physicians**
- **Innovative treatment options**
- **A caring environment that is focused on patients and their families**

For your convenience, we offer comprehensive kidney and pancreas evaluation clinics at locations throughout D.C., Maryland and Northern Virginia.

This brochure is designed to help you understand the kidney transplant process from evaluation to recovery. Also, you will learn why the MedStar Georgetown Transplant Institute is a leader in kidney transplantation.

¹ 2015 United States Renal Data System (usrds.org)

² 2015 Centers for Disease Control and Prevention (cdc.gov)

³ 2015 The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK.nih.gov)

Innovation as a Solution for the Kidney Shortage

In August 2015, in the United States, there are about 101,062 candidates waiting for a kidney transplant. Yet in 2014, only 17,107 kidney transplants were performed⁴. Sadly, each day about 17 people die while waiting for a kidney transplant. These numbers illustrate the urgent need for more people to become organ donors.

The good news is that the MedStar Georgetown Transplant Institute's remarkable and innovative techniques are improving those statistics by helping more patients—even those who may not be able to find a compatible living donor—obtain a life-saving kidney. These groundbreaking techniques include:



- The successful transplantation of kidneys between living donors and recipients who are not perfect “matches”—even among people with mismatched blood types
- The successful transplantation of living-donor kidneys into candidates with highly sensitized immune systems and whose bodies would normally reject an otherwise compatible organ
- Minimally invasive laparoscopic living-donor organ removal allowing for decreased discomfort and a faster return to normal activities

⁴2015 Organ Procurement and Transplantation Network

Social Media Found the Kidney

Giving has always been a focus and priority for Clyde Horton, 64, of Gaithersburg, Md. He gives his talents, as a leadership trainer and coach, and he gives his time, as head of his neighborhood association and an involved parent in the lives of his two children and their friends.

He also struggled with kidney problems dating back to his 20s, and when his kidney function fell below 20 percent, it was clear he was in need of some help of his own.

Clyde didn't want to go on dialysis, so he went on social media instead—telling his Facebook friends he needed a kidney transplant. "My symptoms were starting to get worse. I was retaining fluid, and it was painful. I was starting to get afraid that I would have to go on dialysis, or I might die," he says.

And here's where a lifetime of giving has its rewards: a dozen people volunteered to be Clyde's living donor. Following an evaluation of the volunteers, MedStar Georgetown Transplant Institute (MGTI) determined Clyde's former neighbor, Joe Wolken, was a suitable and compatible donor for Clyde.



Good friends Clyde Horton and Joe Wolken

Suddenly, the man who had given to others all his life had to shift his focus to be willing to receive one of the biggest gifts of all.

Clyde also admits to being surprised that Joe was compatible, since he is African-American and Joe is Caucasian. "I thought I had to get an African-American donor," Clyde explains. "I think it shatters all the illusions about our differences."

"This is a story of Clyde being on top of things," explains Basit Javid, MD, medical director of the Kidney and Pancreas Transplant Program at MGTI. "He approached us at the right time, and we helped guide him to the best treatment option."

The Transplant Difference

Expertise

The MedStar Georgetown Transplant Institute offers the expertise of some of the foremost kidney specialists in the world. Each member of the team is highly experienced and several senior members hold leadership positions with national organ transplantation organizations.



Knowledgeable surgeons educate patients about innovative procedures that make kidney transplants possible for more people who have renal failure.

Innovation

Our patients have access to a wide range of pioneering kidney transplant options. In addition to the advanced skills of its physicians, the Institute is a national leader in kidney exchange programs resulting from our expert care and management of recipients as well as donors who have incompatible organs or immune-system sensitivity. **Only a handful of transplant centers in America offer patients access to the same innovative approaches.**

Kidney Transplant Options

Living-Donor Transplantation

- **ABO- or HLA-Compatible Kidney Transplantation**—This option is available when the donor and recipient have the same blood type and the recipient’s immune system is compatible with that of the donor.
- **ABO- or HLA-Incompatible Kidney Transplantation**—When the donor and recipient have different blood types or incompatible immune systems, our experts can treat kidney recipients before and after treatment to remove substances from their blood that could otherwise cause kidney rejection.
- **Kidney Transplantation with Highly Sensitized Recipients**—Extended time on dialysis, a previous transplant as well as a blood transfusion or pregnancy can create a highly sensitized immune system in kidney transplant recipients. Again, pre- and postsurgical treatment to cleanse the blood of the antibodies that can cause the body to reject the new organ can be performed to ensure success.
- **Paired Kidney Exchange**—A process where multiple donors are “paired” with matching recipients to help more people receive a life-saving living donor kidney.
- **Pre-emptive Kidney Transplantation**—These transplants occur before patients reach end-stage renal disease and before they are on dialysis. Research has shown that this option can result in better outcomes.

Deceased-Donor Transplantation

Once the only method available for kidney transplantation, deceased donor transplant occurs after the death of someone who is a registered organ donor. Also, a loved one may give consent when all life-saving measures have been exhausted.

To schedule an evaluation, call **202-444-3700**.

Sister Act

Few people get to see the words “Sissy’s Gone, 1/19/12” tattooed on Rolanda Franklin’s abdomen, but that’s fine by her. The Baltimore native knows why they are there.

“Sissy” is the name affectionately given to the kidney Rolanda donated to her older, half-sister Tina McRae. Having already lost her hearing to Alport Syndrome, Tina had learned that her kidneys were on the verge of failure and that a transplant was the only alternative to dialysis.

Rolanda wanted to help Tina by donating one of her own kidneys but was unsure she would be a perfect match because they had different fathers.

“After doing a lot of thinking and praying about it, I was determined to help my sister,” Rolanda says, “either by a direct donation or an exchange with other donors.”

Tina was thrilled and immediately called her specialists at MedStar Georgetown Transplant Institute. “I had an appointment the following week,” she says. “They told me, ‘bring Rolanda in with you to be tested!’”

Rolanda soon learned her kidney was indeed a perfect match for

Tina. As sisters prepared for the January 19, 2012, transplant surgery date, they decided this life-saving organ needed a name and decided on “Sissy” because, Rolanda says, “It just seemed right.”



Sisters Tina McRae and Rolanda Franklin

Although Tina admits to being somewhat anxious about her sister’s generous act, Rolanda was ready to get the procedure done.

“The specialists had prepared me for everything,” she says. “I was totally at peace.”

Today, the sisters still reminisce about the surgery, along with other experiences they’ve shared, including the good-natured squabbles they got into as kids.

“We don’t do that anymore,” Tina says with a laugh. “I don’t want Rolanda to make me give Sissy back!”

Preemptive Kidney Transplant

Getting a Kidney Transplant Before Starting Dialysis

One approach to kidney transplantation advocated by the transplant specialists at the MedStar Georgetown Transplant Institute is preemptive kidney transplant—performing a kidney transplant before a patient starts receiving chronic dialysis treatment(s).

Dialysis treatments have both physical and psychological side effects. With preemptive kidney transplant, many patients can receive a kidney transplant prior to starting dialysis. With the advances that increase donor and recipient compatibility, more friends and family members can help to save their loved ones' lives.

Research shows a clear advantage to patients who receive a preemptive kidney transplant. These patients have fewer complications after transplantation because they often approach the operation in a healthier condition by avoiding dialysis. In fact, the healthier



patients are at the time of transplant, the better the results of the procedure and the sooner they can return to work and an active lifestyle.

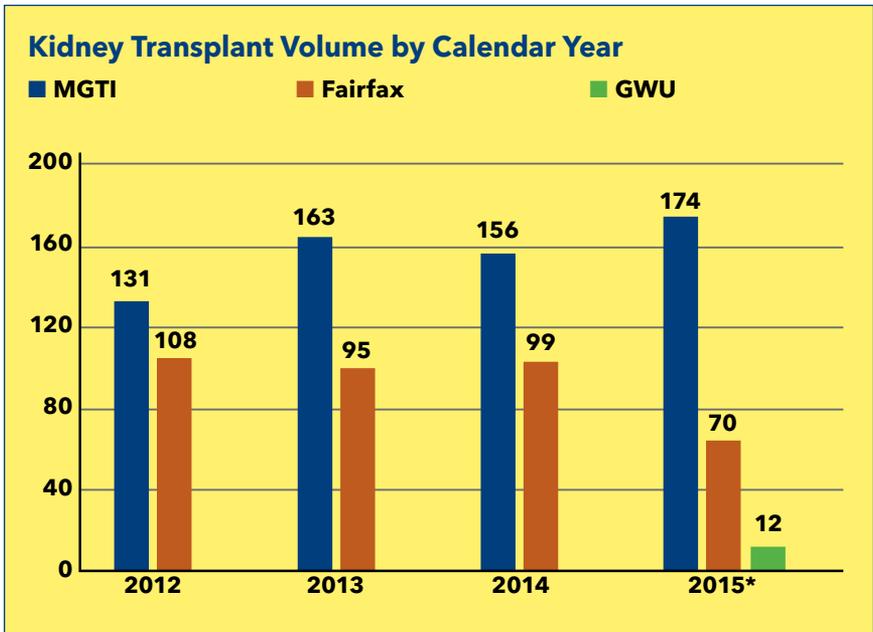
Preemptive transplant is another example of the expertise, innovation, dedication as well as patient and family focus of MedStar Georgetown Transplant Institute's kidney program.

To schedule an evaluation, call **202-444-3700**.

Superior Outcomes

Our goal is to improve the quality of the lives of people who are on or may need dialysis. With patient and transplant survival rates that are among the best in the nation, we provide exceptional care and innovative techniques that give patients hope for a healthier future.

Over the past four years, MedStar Georgetown Transplant Institute has performed nearly **63 percent more kidney transplants** than all other D.C. metro programs combined. We are the **ONLY** adult Medicare-approved kidney transplant program in Washington, D.C.*



* CY15 six-month annualized.

* Data from UNOS.org as of 7/29/15.



MedStar Georgetown offers apartments, which can serve as temporary housing for families of transplant patients who live outside the area.

A Team Effort

The remarkable teamwork at the MedStar Georgetown Transplant Institute sets the program apart from others in the region. The collective experience and dedication of each team member—including surgeons, nephrologists, nurses, coordinators, social workers and others—help us to provide transplant patients their best chances for living longer, healthier and more productive lives.

Patient and Family Focus

With the focus on providing patients and their families optimal care, our team of specially trained and experienced transplant coordinators accompany each donor and recipient during every phase of their care—from evaluation to post-surgical recovery—to answer any questions and provide support.

Also, for families who travel from out of the area, the Institute provides an apartment that can serve as temporary housing. As another convenience, our team has negotiated discounts for our patients' families at nearby hotels.

To schedule an evaluation, call 202-444-3700.

The Transplant Process

Because there is no time to waste, no time is wasted. New patients are evaluated quickly, and their cases are discussed by a multidisciplinary team within a week of evaluation to determine their eligibility as a transplant candidate. **This quick turnaround shows MedStar Georgetown Transplant Institute's commitment to getting its patients on the growing national organ waiting list.**

More Convenient Locations

The MedStar Georgetown Transplant Institute is making it more convenient for you to be evaluated for transplantation. Our experienced multidisciplinary team is now evaluating kidney and pancreas transplant candidates at these seven convenient locations:

- **MedStar Georgetown University Hospital**
- **MedStar Washington Hospital Center**
- **MedStar Montgomery Medical Center**
- **MedStar Good Samaritan Hospital**
- **MedStar Georgetown Transplant Institute in Frederick**
- **MedStar Georgetown Transplant Institute in Fairfax**
- **MedStar Southern Maryland Hospital Center**



A transplant coordinator guides a patient through the transplant process.

The entire pre-transplant evaluation, including imaging and laboratory studies, can be accomplished at any of our sites. The transplant surgery will take place at Medstar Georgetown University Hospital. Following surgery, our transplant team will determine the appropriate time to transition your care back to a location close to home.

Once you make the decision to have a kidney transplant at the MedStar Georgetown Transplant Institute, contact us at **202-444-3700**. A clinical transplant coordinator will speak with you to learn about your medical history as well as schedule your evaluation with the transplant team. We aim to schedule the evaluation as soon as possible so that eligible patients can be identified and placed on the transplant waiting list quickly.

Recipient Evaluation

The pre-transplant evaluation determines whether you are medically eligible to receive a transplant and whether there are any psychological or social barriers to transplantation. The goal of the evaluation is to be certain that your health status is optimal, you can be transplanted safely and you can take good care of your new organ.

The evaluation includes a physical examination and a variety of tests, including blood tissue typing, chest X-ray and a cardiac stress test. Some tests will be conducted during the evaluation and others may be scheduled separately with the help of the transplant team. Clinical information obtained during the evaluation, particularly tissue and antibody assessments, are used to create your profile and determine your priority on the national waiting list.

You will also meet with members of the transplant team who will carefully explain each step of the transplant process, as well as your responsibilities and those of your medical team. Additionally, you will learn about live-donor organ donation and discuss opportunities you may have to identify a living donor.

To schedule an evaluation, call 202-444-3700.

Following the evaluation, the team meets to determine your eligibility to be placed on the transplant waiting list. You are quickly notified of the decision, which will be one of the following:

- Approved and listed with the United Network of Organ Sharing (UNOS), the organization that manages the national waiting list
- Deferred until further testing or the circumstances causing the deferral are resolved
- Ineligible for transplant

Waiting for a New Organ

The wait for a deceased-donor kidney can range from days to several years. During the wait, daily management of your kidney disease remains with your nephrologist who collaborates with members of MedStar Georgetown Transplant Institute's team, as needed. It is important that you take good care of yourself while you are waiting for your organ. The most successful transplants are those that occur when recipients are in their best physical and emotional health before the transplant.

During your wait, it is vital that you maintain regular contact with your clinical transplant coordinator. Changes in health status (even a cold), physician, insurance, contact information or social situation are all very important to share with your transplant coordinator. Equally important are travel plans because an organ may become available at any time and the coordinator needs to know how to reach you. **Along with taking good care of yourself, maintaining close communication with the transplant team is your greatest responsibility.**

How Ranking on the List is Determined

Your ranking on the national kidney donor list is primarily determined by the time that you have spent on dialysis. In addition to waiting time, factors such as high antibody levels, pediatric recipients and the expected survival of the your transplant with each individual donor may play a role in your place on the list.

The Transplant

If a deceased-donor kidney becomes available, several steps are necessary before the organ is accepted:

- The transplant team contacts your nephrologist and determines if you are medically able to undergo transplant.
- The clinical coordinator contacts you to ensure that there has been no recent change in your health.
- Simultaneously, the donor kidney is evaluated. If accepted upon review by the transplant team, it is removed and transported to the MedStar Georgetown Transplant Institute.
- You are asked to come to the hospital, where a final cross-match is performed to verify blood type and antibody compatibility with the donor kidney.
- If compatible, you undergo a brief examination, are prepped for surgery and taken to the operating room for the surgery.

Living Donation

Since most people have two kidneys, they are among the few organs that living people can donate, because they have another kidney on which to rely. Living-donor transplantation is the preferable option for those who are eligible because:

- There are more people who need kidneys than become available from deceased donors, so the patient can be transplanted sooner.
- It is beneficial for a patient to receive a transplant while in optimal health.
- The quality of a kidney from a living donor is often better than one from a deceased donor—the living donor’s health status is known and the kidney transplant operation can be planned in advance, avoiding transport delays.

To schedule an evaluation, call **202-444-3700**.

Living Donation Works Differently

- There is no nervous wait for “the call” that an organ is available or rush to the hospital to prepare for surgery. Both the donor’s and recipient’s operations are scheduled in advance and on the same day.
- All final examinations and cross-matches are performed at the hospital in the days leading up to the transplant surgery.
- The transplant team works in harmony with one transplant surgeon removing the donor kidney while the recipient waits and is prepped for surgery by the second surgeon in an adjacent operating room.
- Once the organ is removed from the donor, it is carefully transported to the recipient’s operating room, where the transplant surgeon prepares it to be placed in the recipient while the donor’s surgeon finishes surgery.
- Often, the donor’s surgeon joins the recipient’s surgical team once the donor is recovering to assist in the final steps of the transplant.

Following the Transplant

Immediately following the surgery, you are given anti-rejection medications while you recover. You are transferred to the postoperative transplant unit for the remainder of your hospitalization. The team that works on this unit is specially trained to care for kidney donors and recipients. Prior to discharge from the hospital, you are given extensive education on how to care for your transplant; your care is monitored closely by the transplant team during the time immediately following transplant. Long-term follow-up care will be coordinated through your referring nephrologist, although you will still return to the transplant center for yearly visits. Afterwards, follow-up care will be coordinated through your community physician.

The Transplant Team

An Expert Team of Kidney Transplant Specialists

You are the most important member of the transplant team, and you are surrounded by a large group of professionals who have been trained to meet the unique needs of transplant patients. The team shares a passion for giving each patient the best opportunity for a healthy, productive life.

Transplant Surgeon: Transplant surgeons perform the actual transplant operation. Initially, the surgeon participates in your evaluation, discussing the appropriateness of a transplant including its significance, risks and complications. After the transplant, the surgeon prescribes medications and monitors you closely. The surgeon works daily with the transplant nephrologist.



Kidney Transplant Team:

Back row: Basit Javaid, MD; Stacey Punnett, RD, LD; Matthew Cooper, MD; Thomas Fishbein, MD; Reza Ghasemian, MD; Alexander Gilbert, MD; Lindy Spruill, LICSW; Peter Abrams, MD

Front row: Jennifer Verbese, MD; Jack Moore, MD; Monica Grafals, MD

Not Pictured: Jason Hawksworth, MD

Transplant Nephrologist: This doctor specializes in the care of patients who have kidney disease and focuses on those undergoing transplantation. Following the transplant, the nephrologist meets with you daily and collaborates with the surgeon to manage both your existing and new transplant medications.

Transplant Anesthesiologist: From a heart and lung perspective, your suitability to undergo a kidney transplant operation is assessed by an anesthesiologist who is part of your medical care team during and immediately after the operation.

Clinical Transplant Coordinator: This healthcare professional conducts the initial evaluation meeting and provides educational support regarding the transplant process, transplant waiting list procedure and patient's responsibilities before and after transplant. The transplant coordinator is your main contact and transplant team liaison who organizes all related surgery activities.

Clinical Transplant Donor Coordinator: If a living donor is identified, the donor coordinator becomes the donor's primary contact and coordinates the process on the donor's behalf, including determining eligibility.

Transplant Social Worker:
The social worker helps determine your ability to cope with the possible stress of transplantation, including your management of a strict treatment program. The social worker evaluates your social support system for issues that could hinder your ability to receive a transplant.



Transplant Navigator Lindy Spruill, LICSW, and
Transplant Coordinator Stacey Punnett, RD, LD.

The transplant social worker also helps you and your family identify any resources necessary to manage the nonmedical issues related to your illness and transplant, such as insurance, housing and financial status. Finally, the social worker helps prepare you and your family to go home following transplantation.

Financial Coordinator: This coordinator has detailed knowledge of financial matters and helps you understand the costs associated with transplant surgery and the medications required after your operation. The financial coordinator can help you understand your insurance coverage and works with the transplant social worker to help you develop a plan to manage any payments not covered by your insurance plan.

Post-Transplant Coordinator: Before leaving the hospital, you will meet with a post-transplant coordinator for an extensive educational session regarding the management of your new transplant and related medications. During your follow-up visits, the post-transplant coordinator will perform examinations, assess medical status and adjust medications as necessary.

Registered Dietitians: With a goal of enriching your nutritional status before and after a transplant, these team members provide thorough nutrition assessments and prescribe medical nutrition therapy as needed.

Transplant Nurse Practitioners: The nurse practitioner helps to care for the patient in their post-operative period on the transplant floor and assists in the post-operative clinic.

Transplant Navigators: The transplant navigator is the member of the transplant team available to facilitate physician referrals into the transplant program and to help maintain ongoing communication between the MedStar Georgetown Transplant Institute team and community nephrologists and dialysis centers.

To schedule an evaluation, call **202-444-3700**.

Five Facts for Kidney Recipients

Whether you are newly diagnosed with kidney disease or are on dialysis, take heart! Ground-breaking advances now make the transplant process easier and more accessible for both donors and recipients.

In fact, there is no such thing as an incompatible donor anymore!

With innovative procedures, the experts at the MedStar Georgetown Transplant Institute have increased patients' chances of getting the new kidneys they need. Here's what you need to know about dialysis, kidney transplant and how you can improve your quality of life.

1. Although there is no cure for end-stage renal disease, a kidney transplant is the best option for long-term health.

Dialysis is an important life-saving treatment. However, the combined stress of the illness and dialysis treatment may take a toll on the body. In many such instances, when dialysis patients start thinking about getting a transplant, they are too sick for surgery.

2. You should register for a kidney transplant before starting dialysis.

You don't have to be on dialysis before signing up for a transplant, especially if you are diabetic. The earlier you register, the better! Studies have shown the earlier you are transplanted the better your outcomes. As soon as you learn that your kidneys are failing, request an appointment at the MedStar Georgetown Transplant Institute!

3. You can join more than one kidney registry.

Even if you are currently listed with another transplant program, you should consider being evaluated by us so that you may have an additional registry listing.



4. Even if you have had other surgeries or medical conditions, you may still be eligible for a kidney transplant.

Don't assume that your medical history rules you out for transplant! Even if you have had cancer or heart surgery in the past, you may still be a candidate. Check with the transplant center first—they will do a thorough evaluation and let you know whether transplant is right for you.

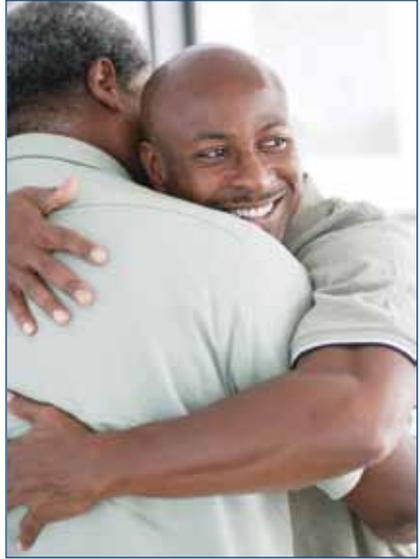
5. No matter your age, blood type or race, there is a kidney for you!

Today's sophisticated blood-cleansing techniques, paired-donor programs and other innovations mean there's a suitable new kidney, somewhere, for just about anyone! Almost any healthy individual older than age 18 can donate a kidney and share the gift of life.

To schedule an evaluation, call **202-444-3700**.

Five Facts for Kidney Donors

More than 100,000 people in the United States are waiting for a kidney transplant. Each day, about 17 people die while waiting. Become a kidney donor and **save the life of a loved one, colleague or neighbor.** Or perhaps consider being a non-directed donor or someone who wishes to donate a kidney without a specific recipient in mind. And it's never been easier—the MedStar Georgetown Transplant Institute's new *minimally invasive procedures offer kidney donors faster recovery, less pain and smaller scars.*



Here's what you need to know about donating a kidney and giving the gift of life.

1. Your contribution will save someone's life!

Within the greater D.C. area, about 700,000 people are affected by kidney disease—one of the highest rates in the nation, with more than 6,000 people who require maintenance dialysis; with more than 1,500 in the District alone who await a donated kidney for a transplant. But, with estimated wait times of four to six years, many people with kidney disease die before a new organ becomes available. By donating a kidney, you can help change those odds and save a life.

2. New minimally invasive approaches make it easier for donors to recover.

New surgical techniques allow doctors to remove a kidney using smaller incisions than ever before. So, today's living-kidney donors are usually out of the hospital within two days and back to work within two to four weeks.

3. Even if you are not a match for your intended recipient, you can still donate on his/her behalf.

That's because of paired-kidney exchanges—an intricate process of mixing and matching recipients and their donors in an ever-widening pool until the right pairings are found. While that means your kidney may go to a stranger, your donation assures that the person you volunteered to help gets a new organ, too.

4. You can live a long and normal life with only one kidney.

Prior to your donation, you will receive a thorough medical exam by the transplant team to evaluate your overall health and look for any unknown problems. Most importantly, the team wants to protect your health.

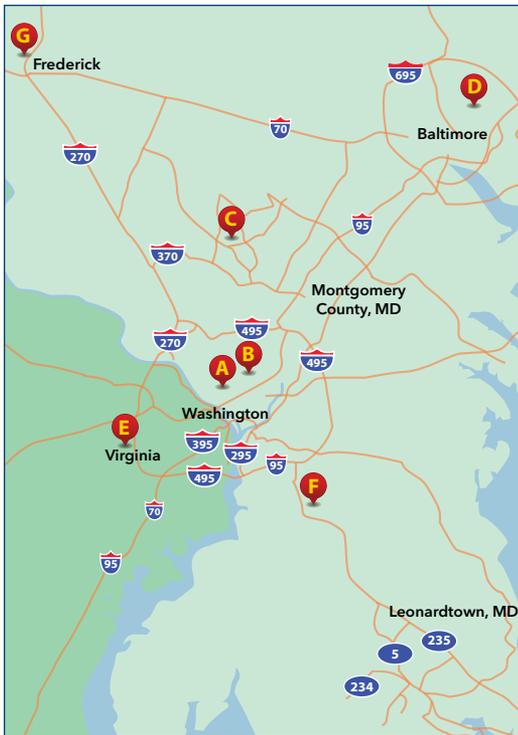
5. You don't have to be an exact blood match with your intended recipient.

Some organs are so close to being a match that doctors can use innovative techniques to decrease the likelihood of rejection.

To schedule an evaluation, call **202-444-3700**.

You're never far from the MedStar Georgetown Transplant Institute.

The MedStar Georgetown Transplant Institute is making it more convenient for you to be evaluated for transplantation. We're everywhere you are. Our convenient locations throughout the Washington, D.C., region make it easy to access our experienced multidisciplinary team. We are now evaluating kidney and pancreas transplant candidates at seven convenient locations. To make an appointment, please call **202-444-3700** or **866-745-2633**.



- A. MedStar Georgetown University Hospital**
3800 Reservoir Rd., NW
Washington, DC 20007
- B. MedStar Washington Hospital Center**
110 Irving St., NW
Washington, DC 20010
- C. MedStar Montgomery Medical Center**
18101 Prince Philip Dr.
Olney, MD 20832
- D. MedStar Good Samaritan Hospital**
5601 Loch Raven Blvd.
Baltimore, MD 21239
- E. MedStar Georgetown Transplant Institute in Fairfax**
3301 Woodburn Rd.
Annandale, VA 22003
- F. MedStar Southern Maryland Hospital Center**
7503 Surratts Rd.
Clinton, MD 20735
- G. MedStar Georgetown Transplant Institute in Frederick**
110 Thomas Johnson Dr.
Frederick, MD 21702

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