

Arvind

I was 34 years old when I went to my doctor because I had an ear infection. I didn't used to visit my GP, my BP was high. When they did some tests, they found I had kidney problems., they started BP tablets, I took those for 2/3 years, I was referred to the Royal Infirmary in Leicester, I was hospitalised and was told that I would need to go on dialysis very soon. After a couple of years, I was on dialysis. I was 45 years old when I went on dialysis, and they told me it felt like my life was going to be over. It really shook me, no one in our family had anything like this. I was on dialysis 8-9 year 4 times a day, during this time I had infection twice, it was very bad, my intestines were blocked. I kept on working even when on dialysis, my employer was very good, they supported me.

The consultant said we can go on holiday if we wanted, they really supported us, provided bags for going abroad. The NHS gave us very good service. My family members offered their kidneys, even my wife wanted to donate, she wasn't the correct match. I didn't want to

ask anyone else from my extended family, I didn't want anyone to risk it.

I had my kidney transplant in 2009, I am here because of the doctors and consultants, my kidney wasn't from a live donor, I often think that someone gave me a gift of life but that person didn't isn't in this world.

I had some ups and downs after the transplant, but I am relieved that I have my life back. I have to be careful, but I do my exercises regularly. I enjoy working in my garden.