

## The Expertise at UPMC

If you, or someone you love, has been diagnosed with liver disease and is waiting for a life-saving liver transplant, trust the experts who have performed more living-donor liver transplants than any other program in the country.

**At UPMC, our experts lead the nation in living-donor liver transplant volume.** This experience allows us to treat patients with complex liver conditions, including those with advanced liver cancer or low MELD scores, and provides us with the level of expertise needed to offer the option of a living donor transplant to every patient we evaluate.



Choosing the Transplant Center  
That is **Right for You**

### UPMC Liver Transplant Program

UPMC Montefiore, 3459 Fifth Ave., Pittsburgh, PA 15213

### UPMC Liver Transplant Evaluation Clinics

#### Central Pa.

Brady Building, 205 S. Front St., 8th Floor, Harrisburg, PA 17104

UPMC Memorial, 1701 Innovation Dr., York, PA 17408

#### North Central Pa.

UPMC Williamsport, 700 High St., 2nd Floor, Williamsport, PA 17701

#### Northwestern Pa.

300 State St., Erie, PA 16550

**UPMC**  
LIFE CHANGING MEDICINE

UPMC is an equal opportunity employer. UPMC policy prohibits discrimination or harassment on the basis of race, color, religion, ancestry, national origin, age, sex, genetics, sexual orientation, gender identity, gender expression, marital status, familial status, disability, veteran status, or any other legally protected group status. Further, UPMC will continue to support and promote equal employment opportunity, human dignity, and racial, ethnic, and cultural diversity. This policy applies to admissions, employment, and access to and treatment in UPMC programs and activities. This commitment is made by UPMC in accordance with federal, state, and/or local laws and regulations.

UPMC Liver Transplant Program

**UPMC**  
LIFE CHANGING MEDICINE



## Understanding Your Transplant Options

The first step to receiving a liver transplant is to fully understand your transplant options so you can find the center that is right for you.

- **Multiple Listing** – You have the option of registering at two or more transplant centers. This can help expand your choices and help you potentially receive a transplant sooner.
- **Talking to Your Doctor** – You have the right to speak with your referring physician about your care and the option of a living-donor liver transplant.
- **Self-Referral** – Most transplant centers accept physician and patient referrals, so if you are not satisfied with your care, you have the option of contacting a transplant center directly to schedule an appointment to learn more about their program.



Abhinav Humar, MD, and Christopher Hughes, MD

Photo taken before universal masking and social distancing guidelines.

## Steps to Finding a Transplant Center

When searching for the liver transplant center that is right for you, it is important to identify a program that performs living-donor liver transplants. From there you will want to:

1. Research each program's areas of expertise and level of experience in treating traditional and complex liver conditions.
2. Review each program's yearly volume and outcomes statistics.
3. Identify a program that offers support and guidance to patients who are searching for a living donor.

To research individual transplant programs, visit the **Scientific Registry of Transplant Recipients (SRTR)** at [www.srtr.org](http://www.srtr.org).

### The Importance of Program Experience

The number of living-donor liver transplants performed each year can differ depending on each individual transplant center. When researching transplant centers, this is an important factor to consider as living-donor liver transplant outcomes improve with center experience.

#### UPMC Adult Liver Transplant Annual Volume

	2020	2021	2022
Living-Donor Liver Transplant	91	72	76
Deceased-Donor Liver Transplant	58	47	44



### UPMC Living Donor Ambassador

Patients on the liver transplant waiting list at UPMC receive continued support from a personal living donor Ambassador, like Kathy.

In 2014, Kathy began feeling very tired and lethargic at work, so she made an appointment with her primary care physician. After a series of tests, her doctor found scar tissue had begun to develop on Kathy's liver. She was then diagnosed with nonalcoholic steatohepatitis (NASH). After an extended hospital stay, she received devastating news. The disease had progressed and caused so much liver damage that she would need a liver transplant to survive.

"It was unlikely that I would get a deceased-donor liver in enough time. If I was lucky, I thought I would have about one year to live," says Kathy.

Kathy's son, Jeremy, had been researching living-donor liver transplant. He decided to undergo an evaluation to see if he was a possible donor. Luckily, he was compatible, and on Sept. 8, 2015, Jeremy and Kathy underwent a successful living-donor liver transplant.

Today, Kathy dedicates her time to helping patients overcome the same challenges and concerns that she faced while waiting for a liver transplant. She works personally with patients who are struggling to ask a family member or a friend for help and is available to provide one-on-one guidance to anyone starting the living donor transplant process.

Photo taken before universal masking and social distancing guidelines.

## Resources to Support You and Your Family

### UPMC Living Donor Champion Program

Our team is here to offer support throughout your transplant journey and offers a variety of resources to assist you and your family. The UPMC Living Donor Champion Program guides patients through the living donation process. The Champion Program includes:

- **Living Donor Champion Toolkit** — Provides an overview of the living donation process including how to talk to family and friends about living donation, frequently asked questions, and resources to find a donor.
- **Champion Workshops** — Patients are encouraged to attend free educational workshops about living donation and resources for finding a donor.
- **UPMC Living Donor Champion Ambassador** — A Living Donor Champion Ambassador will provide personal support to Champions via phone or the UPMC Living Donor Champion Support Group on Facebook.

Learn more at:

[UPMC.com/LivingDonorChampion](http://UPMC.com/LivingDonorChampion) and [Facebook.com/LivingDonorTransplant](https://Facebook.com/LivingDonorTransplant)

### UPMC HealthBeat Blog

The UPMC HealthBeat blog will help you understand the living-donor liver transplant process, the benefits and risks, and support opportunities for family members and caregivers. Blog topics include:

- The Liver Transplant Waiting List and the Basics of Living-Donor Liver Transplantation
- Understanding the Benefits of Living Donation and Who Can be a Living Donor
- Finding a Living-Liver Donor
- Support for Family and Caregivers
- UPMC's Expertise in Living-Donor Liver Transplants

Visit: [UPMC.com/HealthBeat](http://UPMC.com/HealthBeat)

### Insurance Providers Accepted by UPMC

- Aetna Transplant Institute of Excellence
- Blue Cross Blue Shield System Blue Distinction Centers for Transplant
- Cigna Lifesource
- Highmark
- Optum Transplant Network
- UPMC Health Plan

## Contact Us

At UPMC, we are dedicated to increasing education about living-donor liver transplant. Our mission is to help more patients understand their options and the benefits of identifying a living donor.

To speak with a member of our program, email [Transplant@UPMC.edu](mailto:Transplant@UPMC.edu).