



## Quoc's Story

I am 57 years old and I came to Australia from Vietnam in 1987. I have one beautiful daughter. Fourteen years ago I started experiencing kidney problems. Initially the doctors thought I had Cholesterolemia coupled with high blood pressure placing me on drug therapy with follow up blood tests. It was not until three years later that more tests showed high levels of protein and I was diagnosed with end stage kidney failure by a renal specialist. I was placed on the waiting list for a kidney.

Over the next six years I was on dialysis waiting for a kidney. As much as I tried to keep my wound clean, it became infected multiple times and I became very sick. I was very worried about my future health and not knowing when I would be lucky enough to receive a kidney only made my anxiety worse. I have a rare O-negative blood type which means finding a matching kidney was extremely difficult. During this time I was also very concerned about the stress my illness was placing upon my wife and daughter.

After six years on dialysis I was advised to consider having a conversation with my family about the possibility of one of my family member's donating their kidney. While this was difficult for me, my family could see just how sick I was. My brother offered me one of his kidneys and after tests the doctors found we were a match.

The hospital was excellent with the medical staff being very supportive throughout the whole transplant process. They also helped me understand how to stay healthy and look after my kidney so I could enjoy a normal life; things like diet and exercise.

It has been several years now since my brother gave me the gift of life. His donated kidney has given me life again and I will be forever grateful for his selfless act of generosity. I feel very good now, healthy and very alive. I can now lead a normal life, I take walks in the park, I swim every day and I can enjoy my beautiful family. My wife and daughter are also very happy as they now no longer worry about my health.

I believe organ donation is so important and I have registered on the Australian Organ Donor Register (AODR). My life was saved so I would like to be able to save a life too if it should come to that. And every day I thank my brother for his amazing act of selflessness. I owe him my life.



L-R: Wife Chiem Nguyen, daughter Julie & Quoc Pham



Australian Government  
Organ and Tissue Authority

donate life

For more information about organ and tissue donation please visit  
[www.donatelife.gov.au](http://www.donatelife.gov.au)