



Greetings CBTU Family,

I am writing this letter to you today about an important topic to me. I am Sharon Paris, a member of CBTU Ontario Chapter of Canada and have been a proud postal worker for over 35 years. I have been living with kidney disease all my life and I am presently at a stage 5 of my disease. Stage 5 means that I have less than 15% of kidney health. My kidney is currently functioning at 11%, instead of 100% and healthy. I was recently informed by my doctors that I have been placed on the Transplant list as of mid August 2020. I am in need of a donor kidney. There are 2 types of kidney transplants. The one that most people know about is a transplant from a deceased (non-living) donor. Which requires the donor to have had to sign the back of his/her driver license or have a living will laying out his/or her wishes should they get sick or meet in an accident. Most people of color do not do this, they leave up to their family to make the decisions. This is a heavy burden we leave them to deal with at a difficult time.

The other type of transplant is from a living donor (living person giving their kidney to someone who is in need of one). A person can live a full life with only one healthy kidney. This is what I am asking you to sign up and consider to put your name forward for me today. The requirements to be considered to be a living donor are first you need to fill out a Health History Form and second take a blood test. On the health history form there is a question on page 2 that reads: **“Do you have an intended recipient you want to donate to? If yes, What is the recipient’s name?”** That is where you would print my name, Sharon Melody A. Paris.

I know this is a heavy subject and a big ask. It was very hard for me to write a letter asking for help for myself. As a long time union representative, I am accustomed to helping others before myself. The medical information is kept private by Toronto General Hospital. The person that you are helping does not see your medical information. They only get to know if you are a match

after the hospital receives word from you that you agree to donate the organ. More information can be found at [https://www.uhn.ca/Transplant/PatientsFamilies/Kidney\\_Transplant\\_Program](https://www.uhn.ca/Transplant/PatientsFamilies/Kidney_Transplant_Program).

In closing, thank you for taking the time to read this. For those who do not feel comfortable with being tested at this time, I am encouraging you to take the time to have the talk to your family about signing the back of your driver license or signing up to be a living donor, at a later date and after some research is done on your part. I further encourage you to share this letter beyond your CBTU contacts. I can be reached by email at [melodyslaw@live.ca](mailto:melodyslaw@live.ca). The Health History Form with the contact information is attached to this email.

Thank you for your support and prayers.

In Solidarity

Sharon Paris