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NEWS and INFORMATION

Former SUSD Principal to Donate Kidney to Former Co-Worker

*After almost a year of preparation,
both women are excited about upcoming transplant*

SCOTTSDALE, Ariz. (June 11, 2009) – Scottsdale Unified School District (SUSD) employees often help one another, but one former employee is taking this spirit of help to a new level by literally saving the life of her friend and former co-worker.

Cindy Hans and Marti Klein met when they both worked at SUSD's Mountainside Middle School more than 15 years ago. They became friends, and when Ms. Hans left Mountainside MS to become the principal at Ingleside Middle School, the two women remained close.

"One day, the doctors told Marti that she needed a kidney," Hans said. "I really wanted to help, but my doctors were concerned about high blood pressure." So Cindy spent several months improving her health as she lost weight, increased her exercise, lowered her caffeine and alcohol intake, and, as she explains it, quit making excuses and learned to find joy again. Then she asked again if she could help, and she was re-tested.

Cindy was approved for donation in April; the two women are scheduled for surgery next week. As is typical for most living kidney donors, Ms. Hans should only be in the hospital overnight and should be fully recovered within a month.

Ms. Klein's surgery and recovery are a little more complex; this is true for most organ recipients. She will have to visit the transplant doctors regularly for the first few weeks to make sure the kidney is working well and that there are no signs of organ rejection. "At this point, they think Marti will be in the hospital for several days after the surgery," said Cindy.

The time is almost here—the transplant is scheduled for Tuesday, June 16, 2009. Both women have friends and family lined up to help with their care once they are home from the hospital, and they each have an entire team of hospital staff whose focus is to help them recover. "We have both worked in education our entire lives, so each year we recovered from the academic year by sleeping through the summer... so resting and recovering all summer is nothing new to us," Hans joked.

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