

The Dialysis Equation

How Time Disappears – and How Donation Restores It

Most dialysis patients spend:

- ◆ 3 sessions per week
- ◆ Approx. 5 hours per session

This equals:

$3 \times 5 \times 52 = 780$ hours per year

or

≈ 32 full days

or

756 school periods

or

1 entire school term

★ WHAT THIS MEANS FOR A TEENAGER

Lost opportunities:

- Sport
- School events
- Weekend plans
- Sleepovers
- Travel
- Hobbies
- Energy
- Social life

Gained responsibilities:

- Medical appointments
- Dietary limits
- Fatigue management
- Restricted activity
- Emotional load



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★ THE TRANSPLANT IMPACT

A donor kidney can give a young person:

- a full timetable again
- physical freedom
- better concentration
- more energy
- the ability to play sport
- time for friends
- time for dreams
- time for life

**This is why the Alchemist's
Hourglass matters:**

**Donation doesn't just restore
health.**

It restores time.

