

Sofia is 12. She needs a **living kidney donor**.

In October 2025, after what we thought was a summer cold, Sofia was diagnosed with end-stage kidney failure caused by two autoimmune conditions. She is on dialysis **seven days a week at home** and is now officially on the transplant list. One healthy person can end that wait.

Blood type O positive or O negative, and every other blood type can still help.

You do not have to be a match for Sofia to be the reason she gets a kidney. In a **paired exchange**, your kidney goes to a patient somewhere in the country who matches you, and that patient's willing donor gives a matching kidney to Sofia. Two transplants happen that could not have happened otherwise. Sentara Norfolk General, the center that evaluates Sofia's donors, arranges these through the National Kidney Registry. **So please get screened whatever your blood type.**



How to be screened, about 10 minutes, online

- 1 Go to **sentara.donorscreen.org/register/now** (or scan the code below and follow the link).
- 2 Complete the confidential health questionnaire. Sofia's family never sees your medical answers.
- 3 Enter Sofia as the person you wish to donate to:

Name	Melina Sofia Lynn De La Lastra
Date of birth	October 15, 2013
Transplant hospital	CHKD, Children's Hospital of The King's Daughters

Your medical costs are covered

The recipient's insurance and the transplant center cover the donor's evaluation, surgery and follow-up.

Help with expenses

Lost wages and travel are not automatic, but NLDAC reimburses them for donors who qualify.

Recovery is 4 to 6 weeks

Most donors are in hospital 1 to 3 days and go on to live normal, active lives.

You can stop anytime

Screening is confidential, there is no obligation, and an independent advocate protects you.



sofiaswish.com

Questions? Email **kidney4sofia@gmail.com**. We answer every message.

Scan the code to read Sofia's story, watch her news interview and start the screening. Please share this flyer. Living donation is a gift; it is never bought or sold.