



Recycle Yourself

Save lives through organ, eye,
and tissue donation!



GORECYCLEYOURSELF.COM



Helps register donors & educates the public about donation. We work with...

Organ, eye, and tissue recovery professionals



Transplant Centers

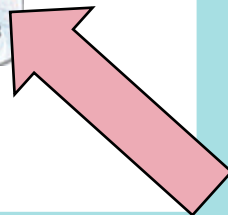


DMV



Do you have a ♥ on your license?

*After I die, I wish to donate
organs, eyes, and/or tissues
to **save** someone's life,
restore someone's vision,
and/or restore someone's
mobility.*



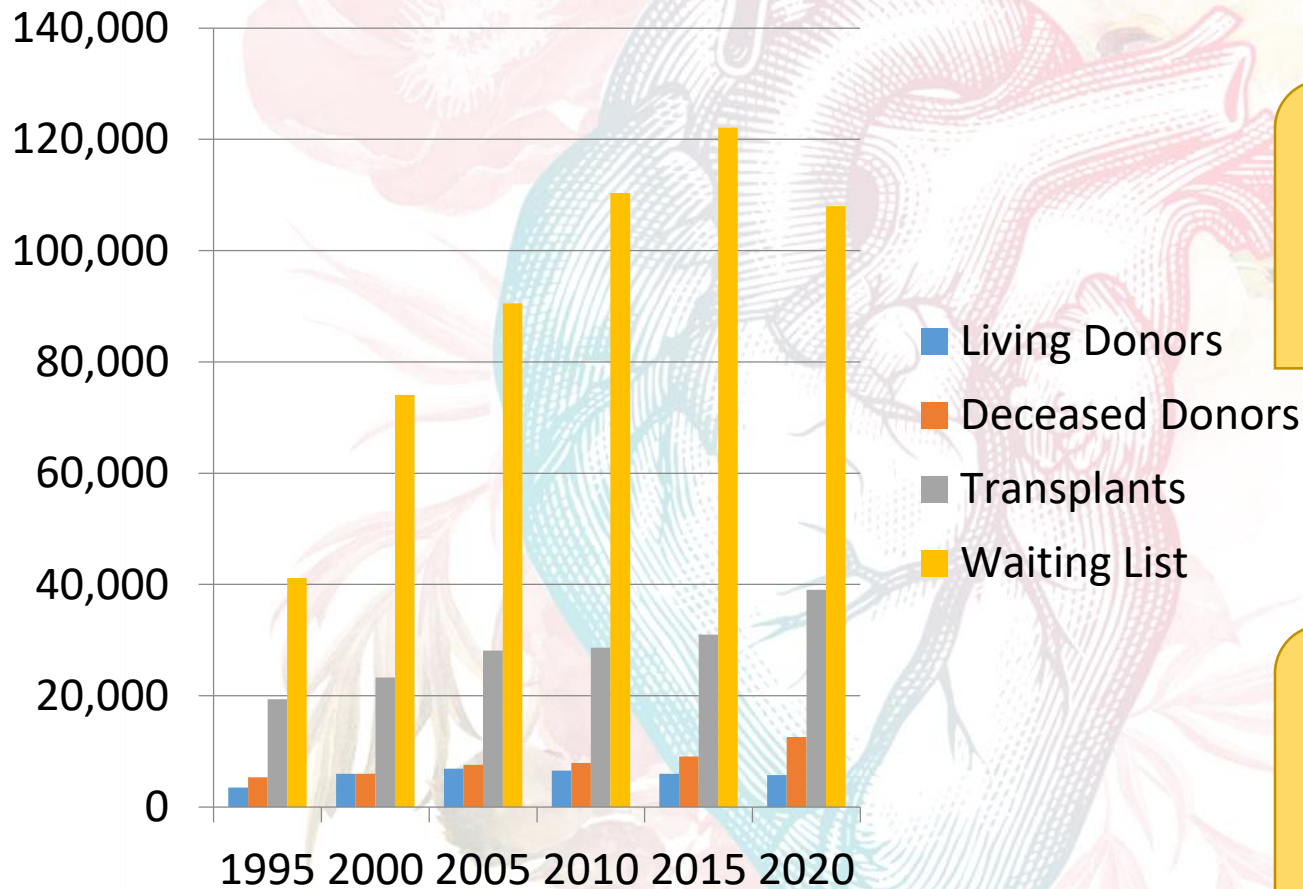
Why Don't People Register?

Fears, Myths, and Misinformation

- Hollywood and TV
- Concern over medical care
- Religious beliefs about donation
- Don't think they are eligible
- Don't want to think about death
- Don't know how to sign up



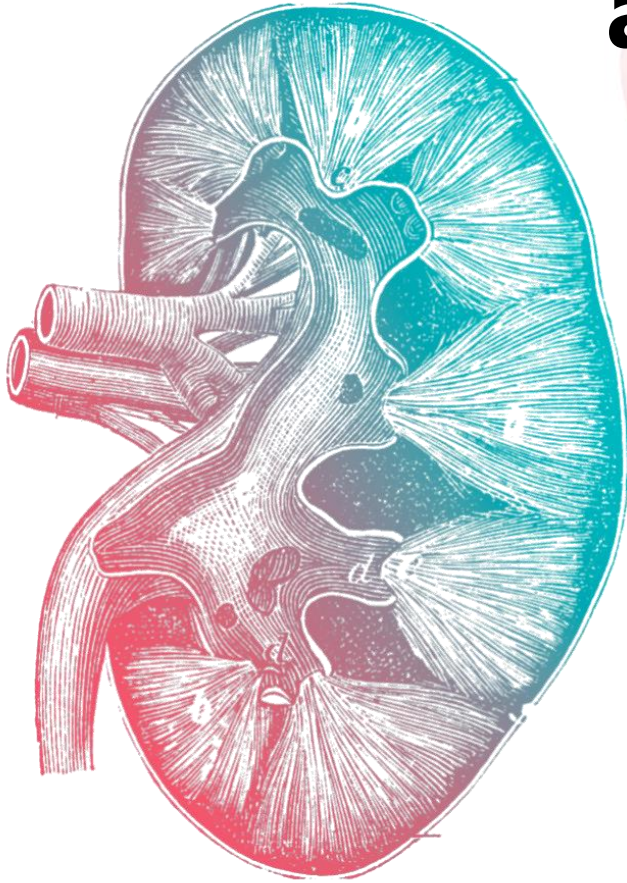
The Need for Organ Donors



Every **8 minutes**, someone is added to the waiting list.

On average, **17 people** die each day while waiting for a transplant.

80% of everyone waiting needs a kidney



People in the US are increasingly at risk for preventable conditions which eventually lead to kidney failure:

- Type II Diabetes*
- High Blood Pressure*

Hispanic, African, Asian, and Native Americans are up to 3x more likely to suffer from these conditions.

** Can be prevented or delayed by staying at a healthy weight, eating well, and getting exercise.*

What is it like waiting?

1. Doctors refer sick patient to a transplant center.
2. A committee of doctors, surgeons, and hospital staff decide whether a patient is a candidate for transplant.
3. A transplant candidate is added to the national waiting list.
4. People stay on the national waiting list for days, months, or even years.



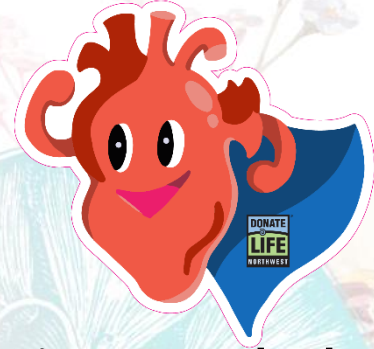
[The Waiting List](#)



[Alysia's Story](#)



Local Heroes



≈ 6.2 million Washingtonians are registered donors

≈ 69,000 Washingtonians died in 2023

3,448 cornea donors = 4,965 corneal transplants

421 tissue donors = 52,625 tissue transplants

314 organ donors = 945 organ transplants



UNOSSM
UNITED NETWORK FOR ORGAN SHARING

An anatomical illustration of a kidney, showing its internal structure including the renal cortex, medulla, and renal pelvis. The kidney is rendered in a light blue and pink color scheme. It is surrounded by a soft, artistic background of various flowers, including a large pink rose and smaller white and yellow blossoms, all in a faded, watercolor-like style. The entire scene is set against a white background with a thin pink border.

True or False:

Organ donation is very common.

False. Not everyone who dies can donate organs, because they must die under very specific circumstances.

Criteria for Organ Donation



- Donor died in a hospital.
- Donor was placed on mechanical ventilator prior to death.
 - Blood and oxygen continue to flow through the vital organs.
- Donor died due to severe brain damage.
 - Electricity, blood and oxygen irreversibly cease to flow.

Next Steps

If someone **CAN** be an organ donor...

- A separate team comes in
- The registry is checked
- The family is approached
 - If under 18, the family will be asked to authorize donation
- **TALK TO YOUR FAMILY TODAY!**



Matching

- 1) Check medical history
- 2) Determine which organs are viable
- 3) Search waiting list for the best match for each organ based on:
 - Blood type
 - Body size
 - Severity of patient's medical condition
 - How long the patient has waited
 - Geographic distance



Logistics

Number of Hours for Viability

Heart	4-6 hours
Lungs	4-6 hours
Liver	8-12 hours
Intestines	8-16 hours
Pancreas	12-18 hours
Kidney	24-36 hours

Cornea	up to 18 hours
Tissue	up to 24 hours



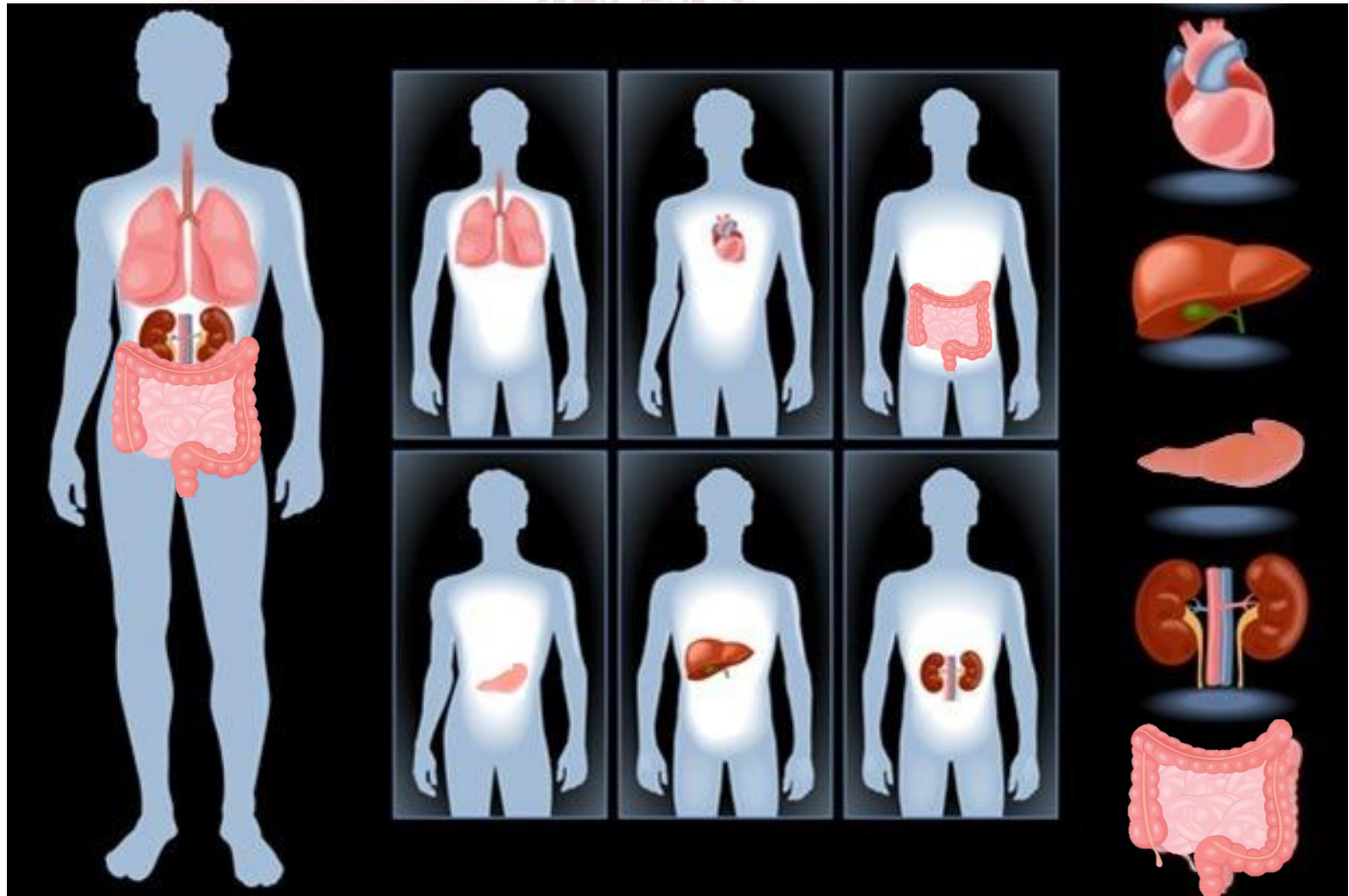
Organ Recovery

The recovery surgery takes place in an operating room, in the same sterile and careful way as in any surgery.

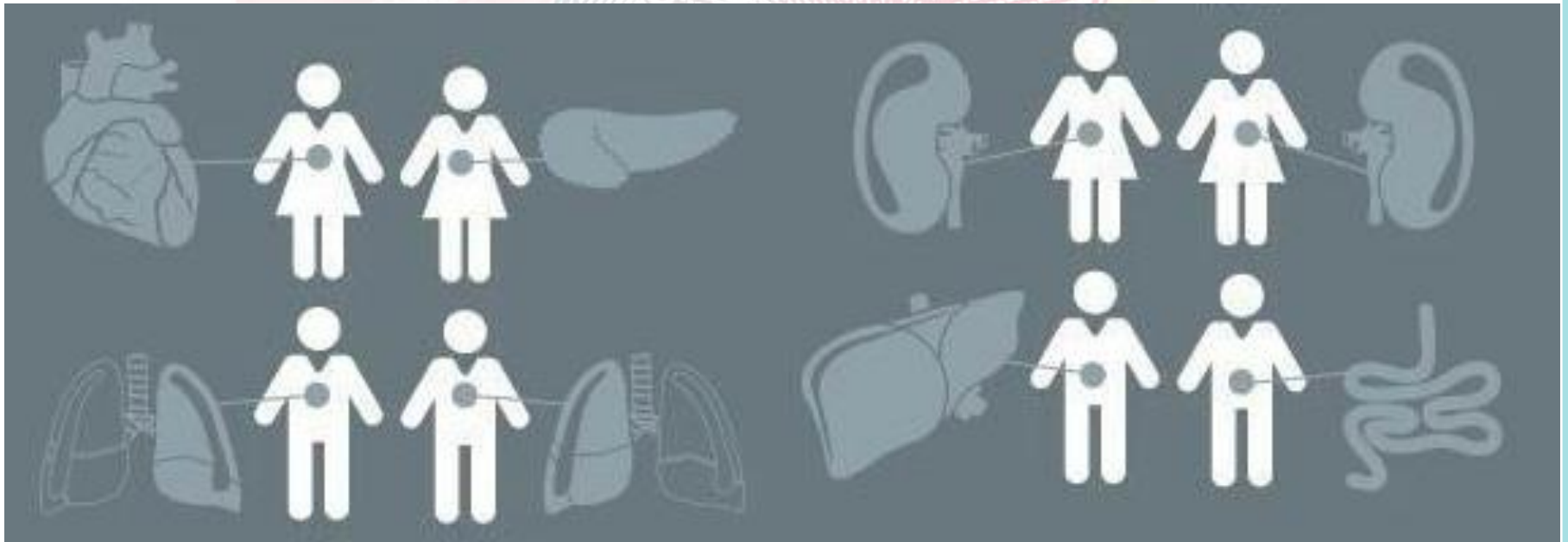


- There are no costs to the family for the donation process.
- Being an organ or tissue donor does not interfere with funeral arrangements.

Which Organs Can be Donated?



One organ donor



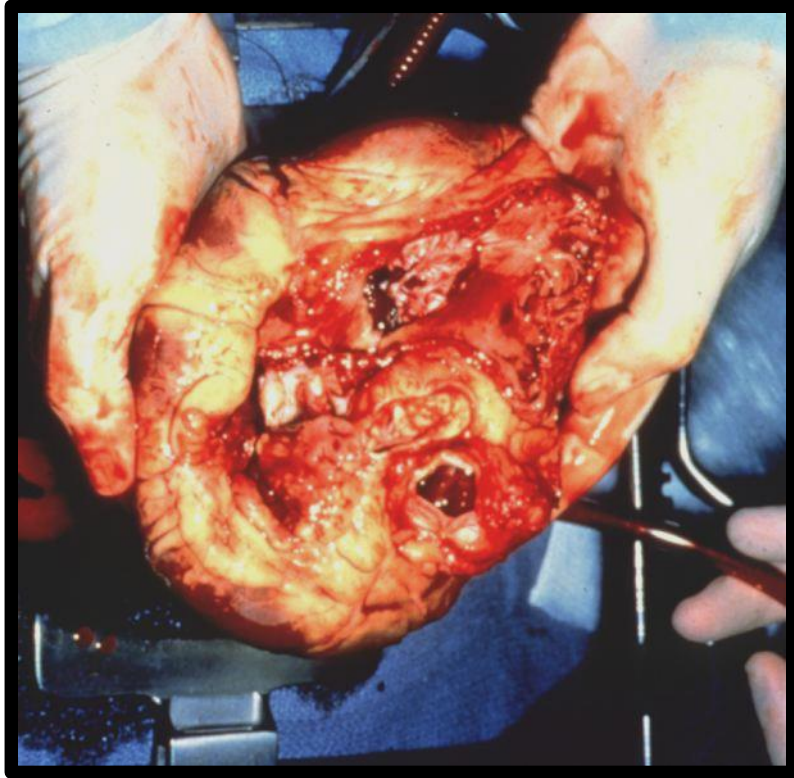
can save up to 8 lives

A detailed anatomical illustration of a heart, rendered in a light blue and pinkish-red color scheme. The heart is shown in a cross-section, revealing its internal chambers and valves. It is surrounded by a soft, artistic background of various flowers, including a large pink peony on the left and several yellow orchids on the right. The entire scene is set against a white background with a subtle pink border.

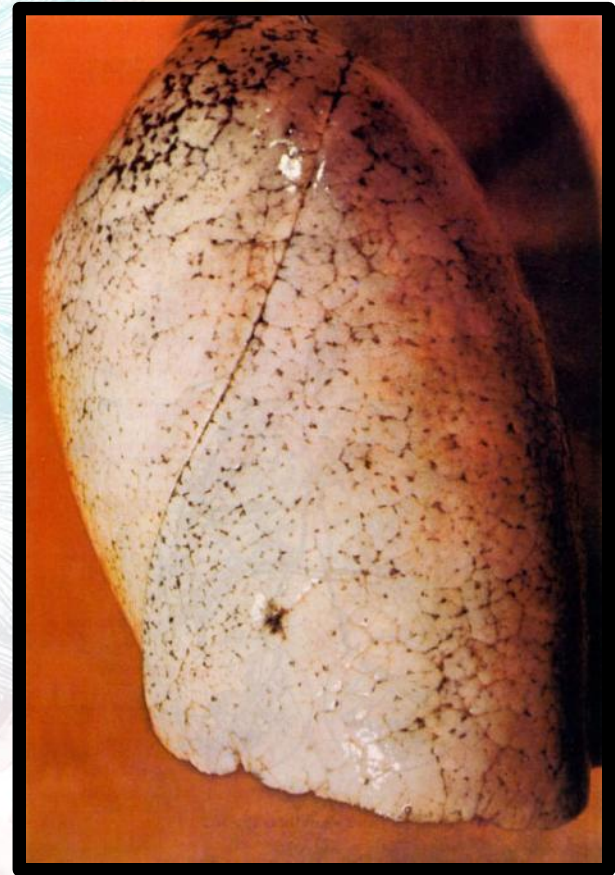
Name that Organ!

Contains graphic medical images – you've been warned!

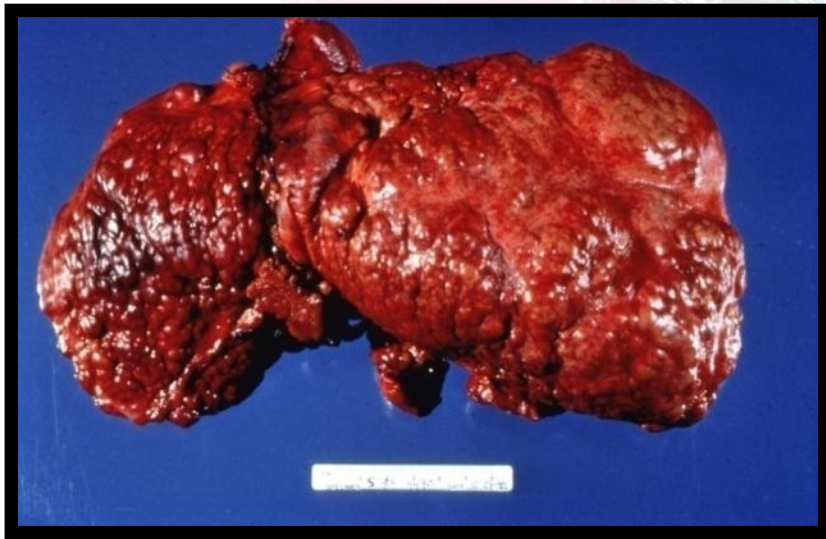
Diseased / Healthy



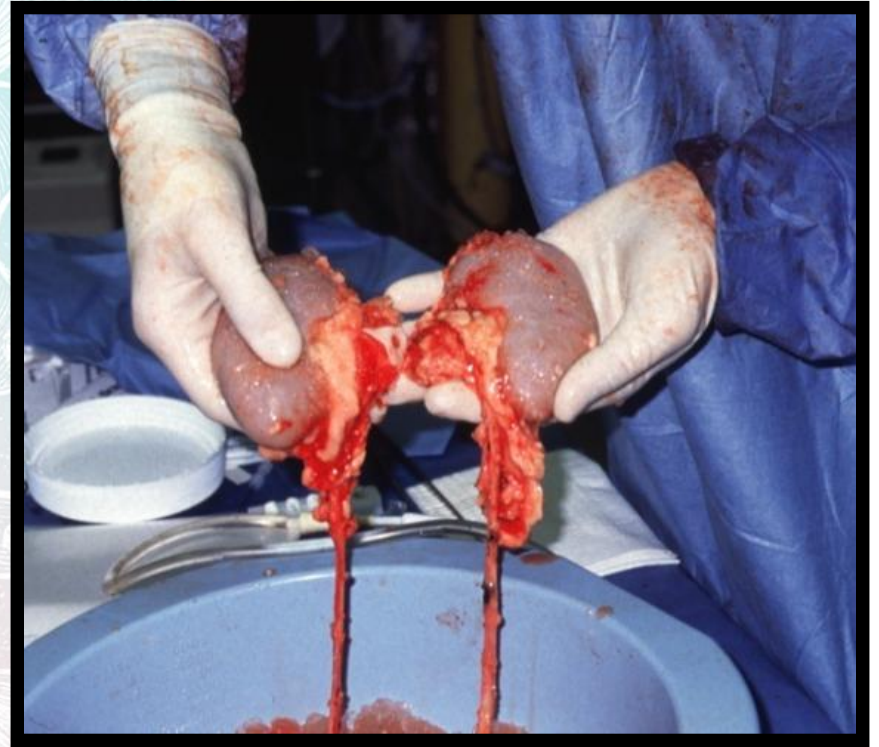
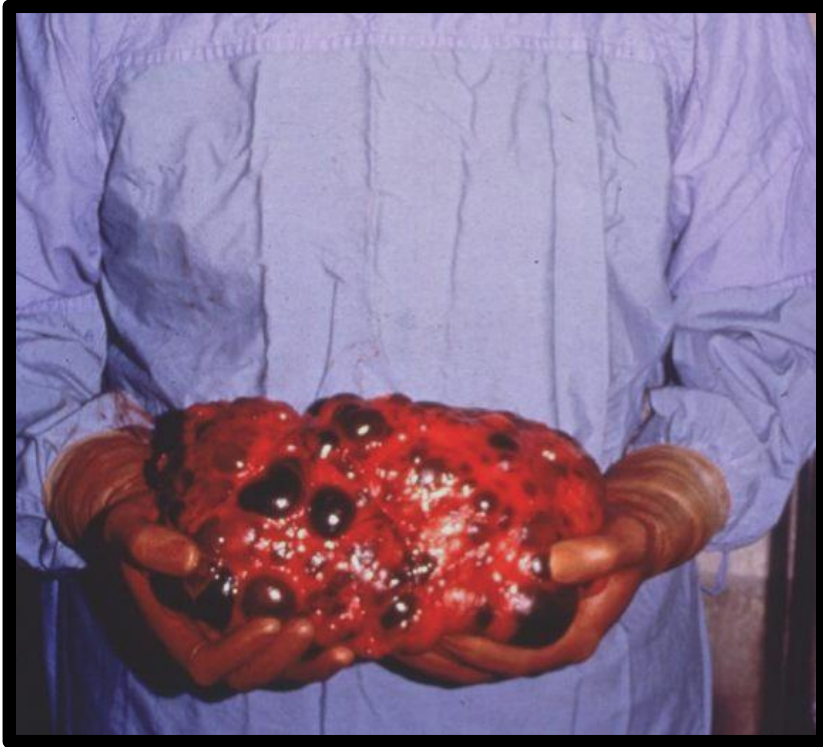
Diseased / Healthy



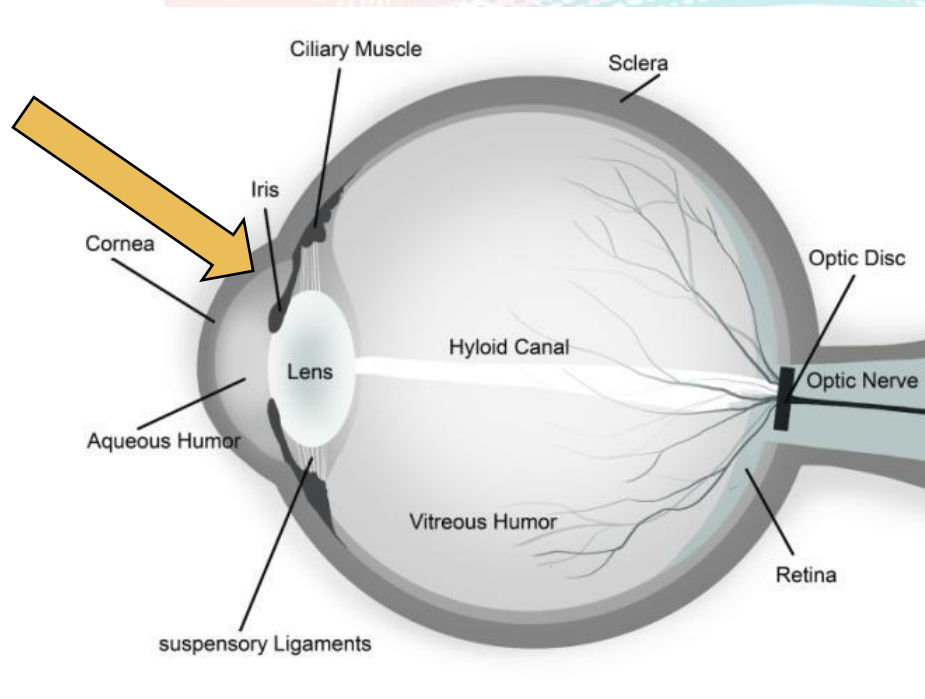
Diseased / Healthy



Diseased / Healthy



What is a Cornea?



[John's Story](#)

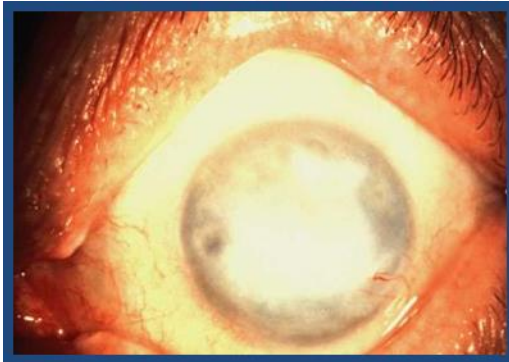


True or False:

Donated corneas can restore sight to the blind.

True. When the cornea is damaged due to injury, disease, infection or a hereditary condition, corneal transplant surgery may be an option.

When the cornea is damaged due to injury, disease, infection or a hereditary condition, corneal transplant surgery may be an option.



chemical burn

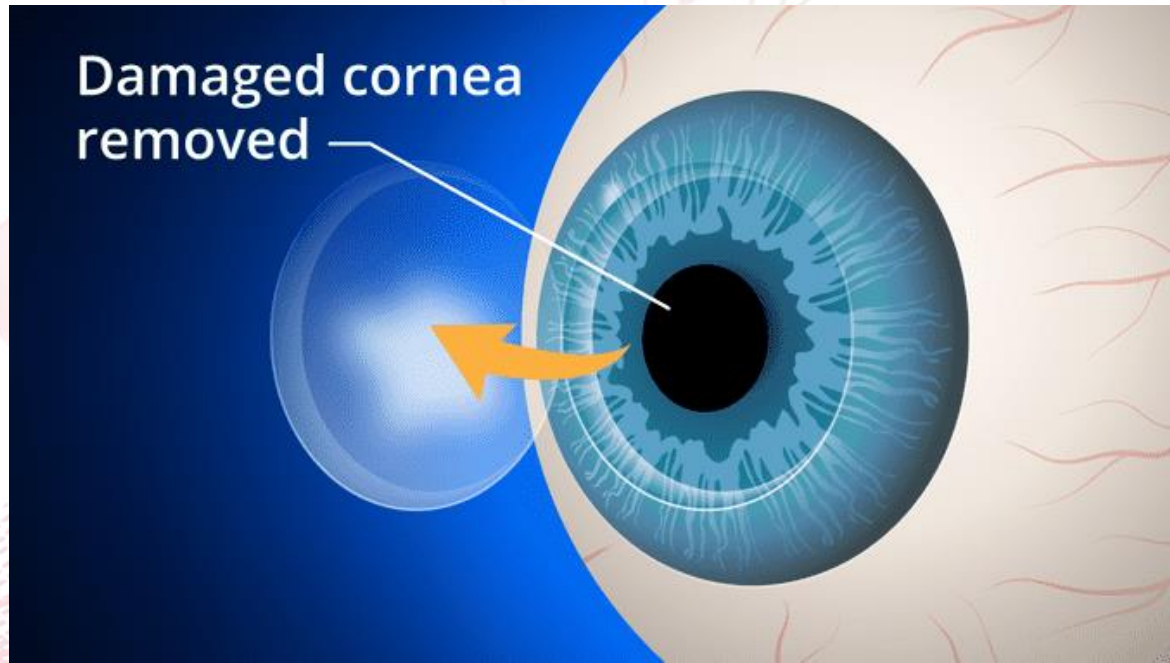


Keratoconus

Vision with Fuchs Dystrophy,
untreated and post-transplant
Vision in the same patient.

JAMA Ophthalmol. 2015;133(4):e145353.

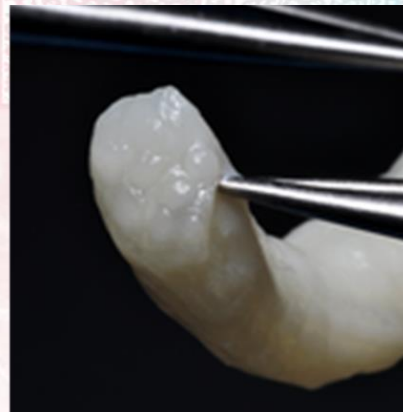
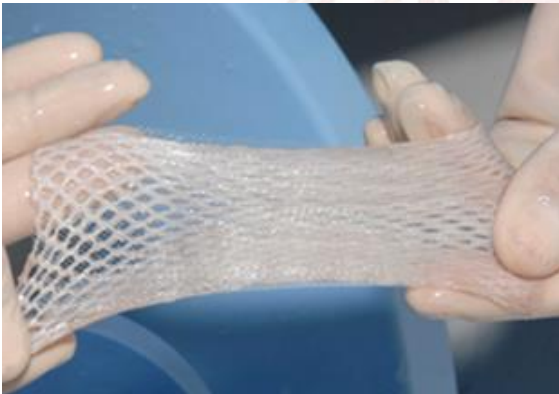
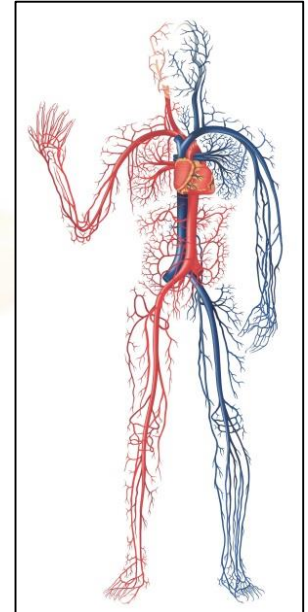
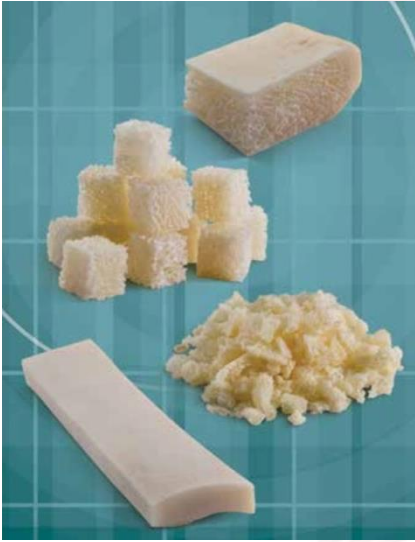




Research on glaucoma, retinal disease and eye complications of diabetes relies on human eye donations—leading to advanced treatments and cures.



Which tissues can be donated?



[Jan's Story](#)

Extended list of recoverable tissue

Bone

Proximal/ Distal Femur
Whole Femur
Proximal/ Distal Tibia
Whole Tibia
Proximal/ Distal Fibula
Hemi-Pelvis
Humerus
Radius
Ulna
Costal Cartilage w/ Sternum

Cardiovascular Heart

Valves (tricuspid, bicuspid)
Aorta
Pulmonary Valves
Descending Thoracic Aorta
Saphenous Vein
Femoral Vein/ Artery
Aortoiliac Artery

Tendons

Achilles
Semitendinosus
Anterior Tibialis
Posterior Tibialis
Peroneus Longus
Plantaris
Achilles
Semitendinosus
Gracilis

Connective Tissue

Fascia
Pericardium

Ligaments

Patellar Tendon w/ Ligament

Skin

Full-thickness
Split-thickness

Nerves

Deep Peroneal Nerve
Tibial Nerve
Sciatic Nerve
Musculocutaneous Nerve
Median Nerve
AIN (Anterior Interosseous)
PIN (Posterior Interosseous)
Ulnar Nerve
Radial Nerve
Femoral Nerve bundle & branches
Superficial Peroneal Nerve
Common Peroneal Nerve
Sural Nerve
Lateral Sural Nerve
Plantar Nerve

Fresh Allografts

Knee Block
Ankle Block
Arm Block
Shoulder Block
Elbow Block
Bilateral Cartilage

Life-saving skin

Skin regulates our heat and fluid, and is the body's first defense against germs.



18/100th of an inch removed from donor using an amalgatome



Graft is meshed so that it can stretch to cover a larger area



Graft acts as a biological bandage on a burn victim

One tissue and eye donor



can save or enhance over 125 lives

True or False:



Grandparents
can be donors.

True. No one should rule themselves out due to age, health, or medical conditions! Additionally, the criteria required for *organ* donation do not apply to tissue and eye donation.

Life After Transplant

- Managing rejection
- Healthy lifestyle
- More LIFE



Sarah Hyland



Tracy



Selena Gomez



Laurie Hernandez



Mandy Patinkin

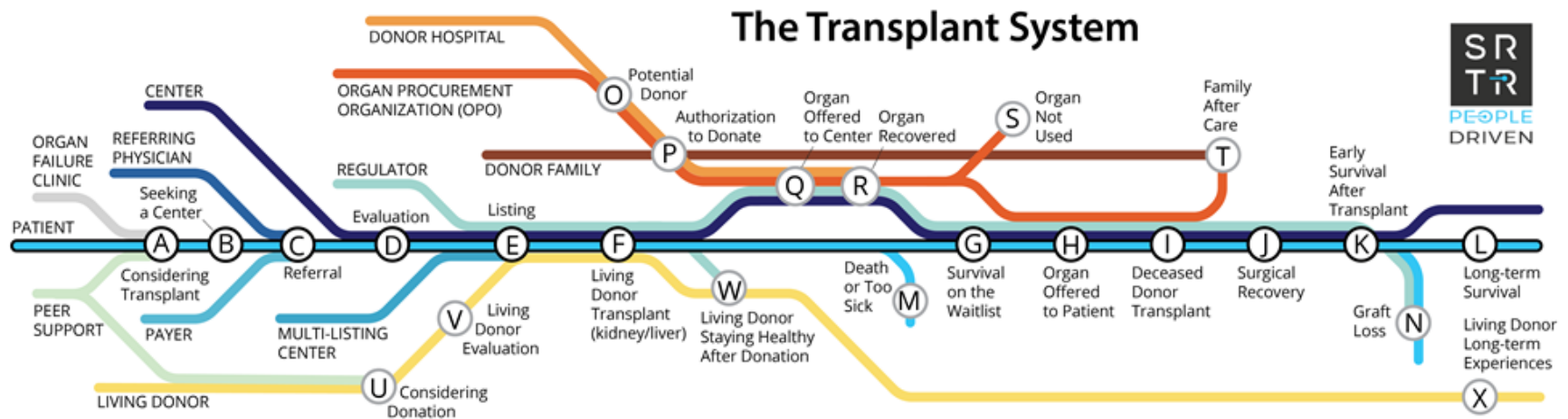


George Lopez



Steve Jobs

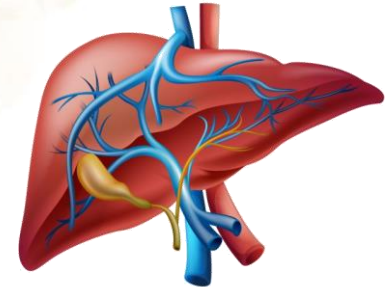
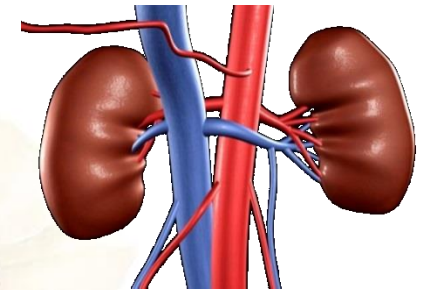
The journey through the transplant system can be complicated involving many stops, people and organizations along the way.



The gift of more life is invaluable to those who receive a donated organ or tissue, and donor families, like [Hayden's](#), are also impacted by the gift their loved one has given to others.

What can you donate while living?

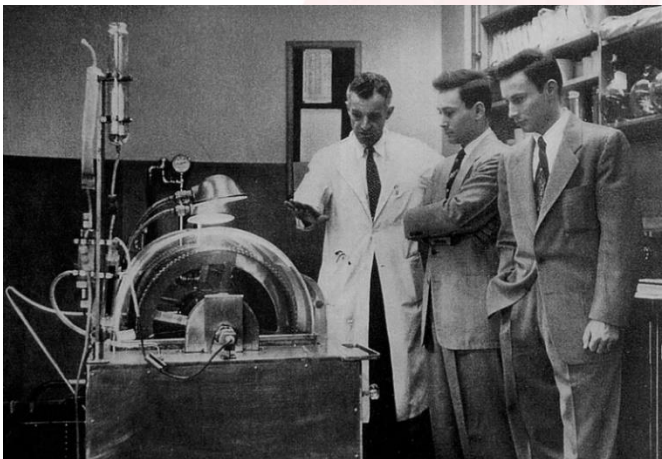
- A kidney
 - You can donate a kidney to save the life of anyone who matches your blood and tissue type – recipients don't have to be a blood relative!
 - Paired and chain donation
 - How safe is it for the donor?
- A portion of your liver
- Very small portion of lung called a lobe
- Blood and bone marrow



Living donation has nothing to do with *registering as a deceased donor*.

In the US, you must be at least 18 to consider living kidney donation.

A Very Brief History of Transplantation in the US



Dr. John P. Merrill (left) explains the workings of a then-new machine called an artificial kidney



Dr. Norman Shumway successfully transplants a heart into 54-year-old steelworker Mike Kasperak, who survives for 14 days.

1878: First bone transplant

1906: First cornea transplant

1908: First skin allograft

1954: First kidney transplant
(between identical twins)

1968: First heart transplant

1968: Uniform Anatomical Gift Act
allows gift of organs to others, USA

1981: First heart-lung transplant

1985: Oregon's first heart transplant

2014: VCA authorization is allowed
in the US

Common, Research, or Sci-Fi

- New research is always happening!
- Vascular Composite Allografts (VCAs) started in 2014 in the US
- VCAs involve multiple structures
 - Skin, bone, muscles, blood vessels, nerves, connective tissues
 - Face and hand transplants
- VCAs require additional authorization



Pop Quiz

- 1) How many people's lives can be saved or enhanced by tissue and/or cornea donation?
- 2) Do you know if your family members are registered donors?
- 3) What is one new thing you learned today?



What Can You Do Today?

- Eat right and exercise!
 - Especially if your background puts you at high risk for Type II Diabetes or High Blood Pressure!
- Register!
 - Online
 - Paper form
 - Say "YES" to donation at DMV
 - On iPhone Medical ID (at age 18)
- Talk to your family!
- Host a donor drive!
- Start a SODA Chapter

Visit www.sodanational.org.





YES I'D LIKE ORGANS TO BE
THERE IF I NEED THEM.

IF NOBODY GIVES, **NOBODY GETS.**



Learn more and register...

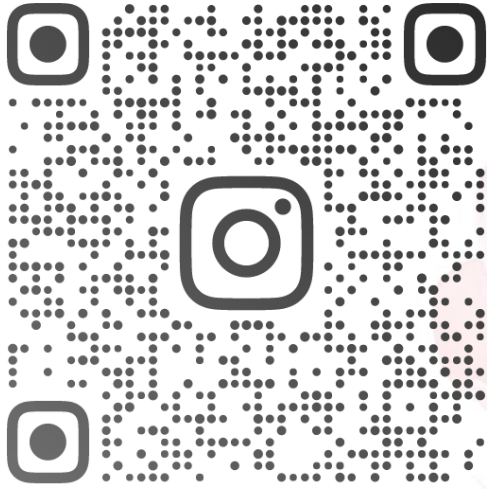
GO RECYCLE YOURSELF.COM



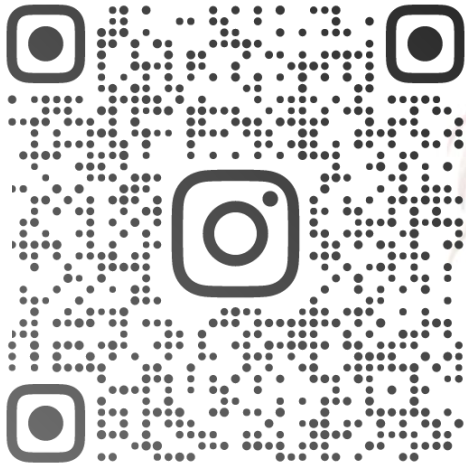
www.DonateLifeNW.org



www.DoneVidaNW.org
(en español)



@GORECYCLEYOURSELF



@SODANATIONAL



GORECYCLEYOURSELF.COM

