



Recycle Yourself

Save lives through organ, eye,
and tissue donation!



GORECYCLEYOURSELF.COM



Registers donors & educates the public about donation. We work with...

Organ, eye, and tissue recovery professionals



Transplant Centers



DMV



Do you have a "D" or 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.*



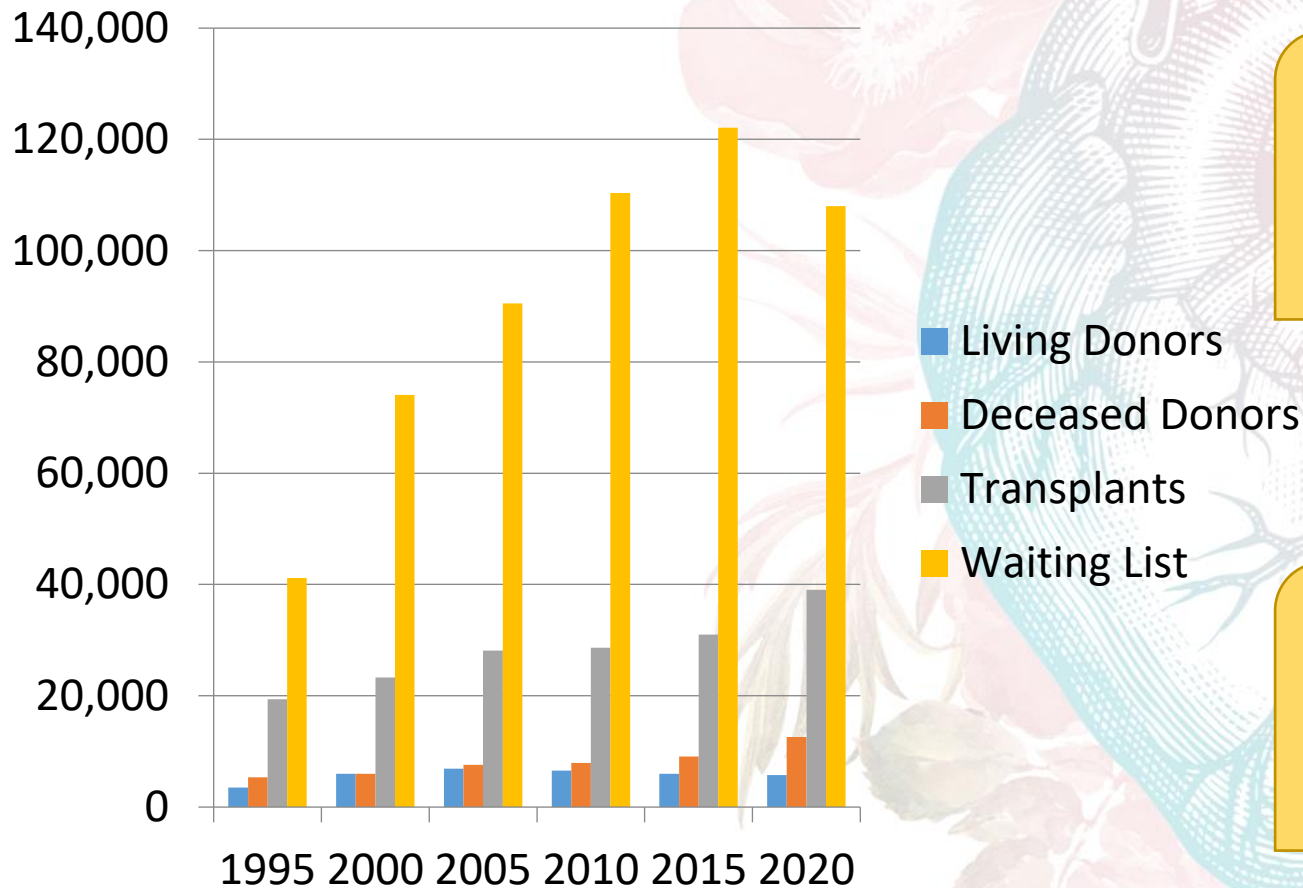
Why Don't People Register?

Fears, Myths, and Misinformation

- TV and movies
- 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



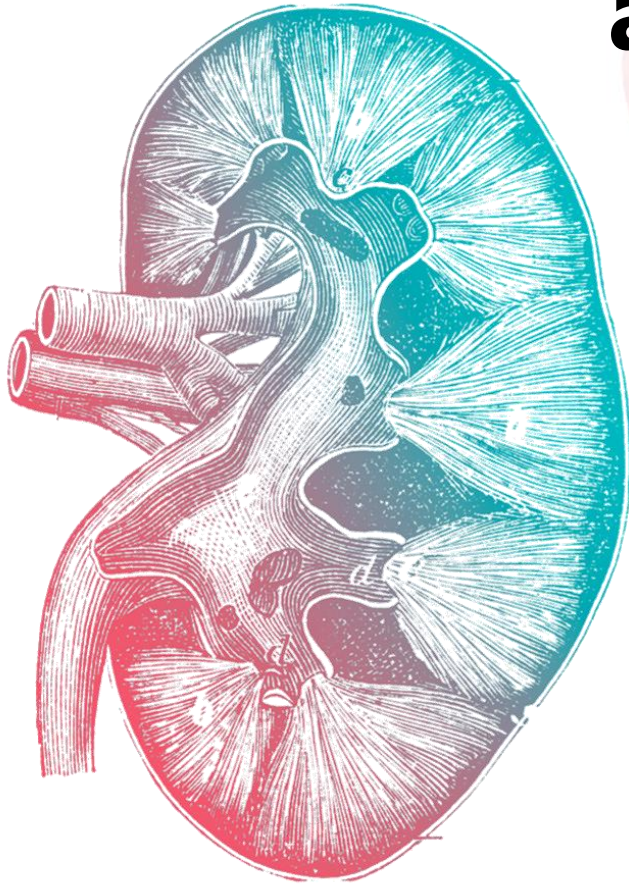
The Need for Organ Donors



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

On average, **16 people** die each day while waiting for a transplant.

86% 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*

Due to systemic racism and health inequities, 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.



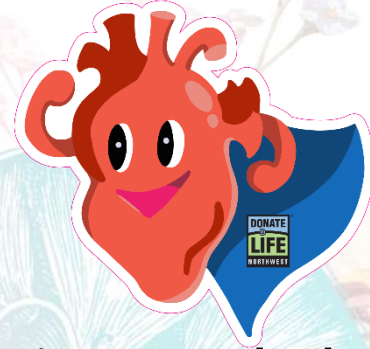
[The Waiting List](#)



[Alysia's Story](#)



Local Heroes



≈ 6.2 million Washingtonians are registered donors

≈ 66,000 Washingtonians died in 2024

6,438 cornea donors = 4,322 corneal transplants

421 tissue donors = 52,625 tissue transplants

325 organ donors = 843 organ transplants



UNOSSM
UNITED NETWORK FOR ORGAN SHARING

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.

Criteria for Tissue Donation

An anatomical illustration of a human heart, rendered in a light blue and pink color scheme. The heart is shown with its major blood vessels, including the aorta and pulmonary artery. The illustration is overlaid on a background of soft, stylized flowers in shades of pink and yellow, with green leaves at the bottom. The overall aesthetic is clean and medical.

- Donor died at home, in a care facility, or in a hospital.
- Donor does not need to be placed on a mechanical ventilator prior to death.
- Donor died due to a variety of causes

Next Steps

If someone **CAN** be a 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 or tissues 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



- 4) Tissues are stored and distributed upon request.

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

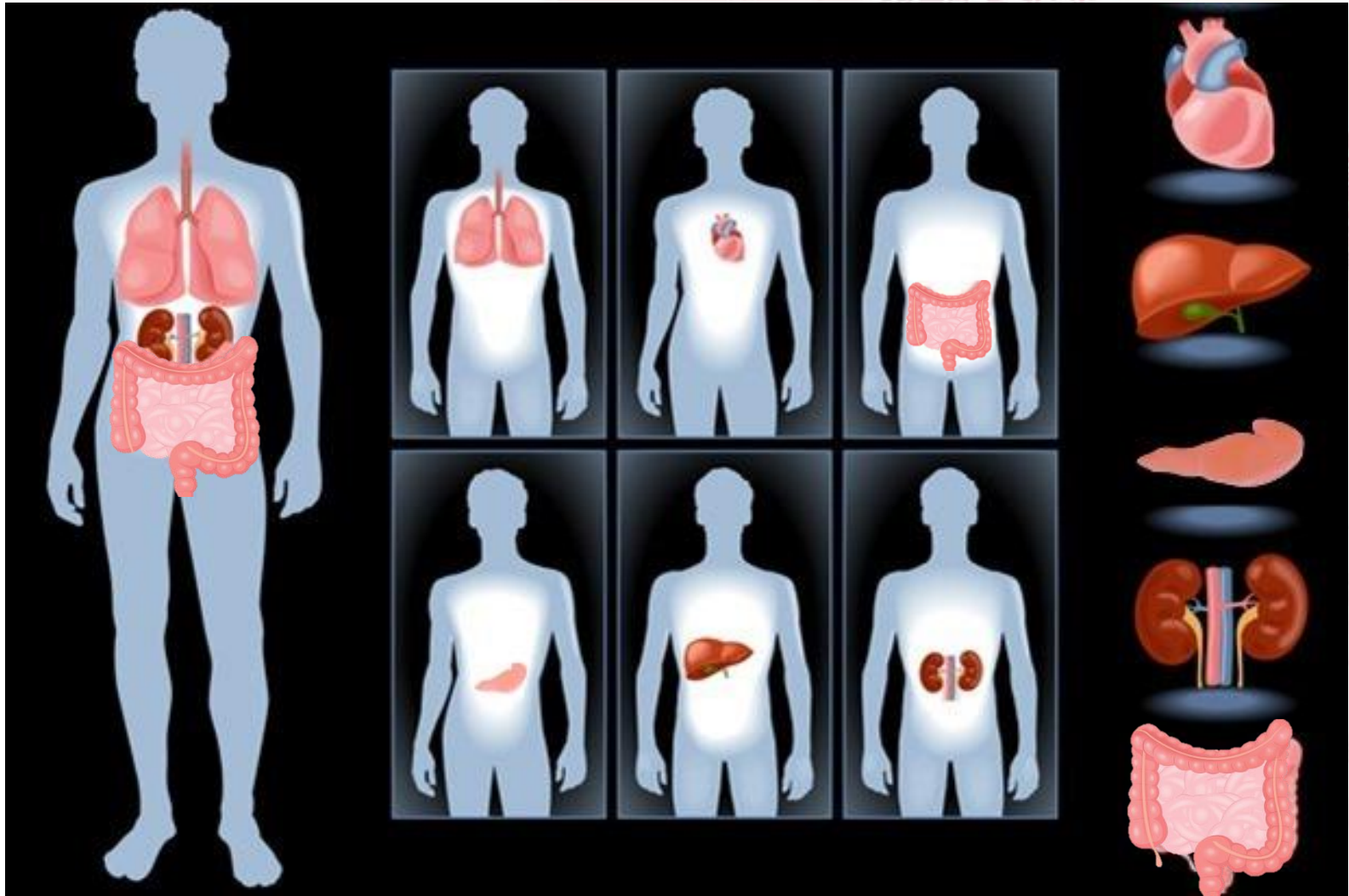
Organ & Tissue Recovery

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

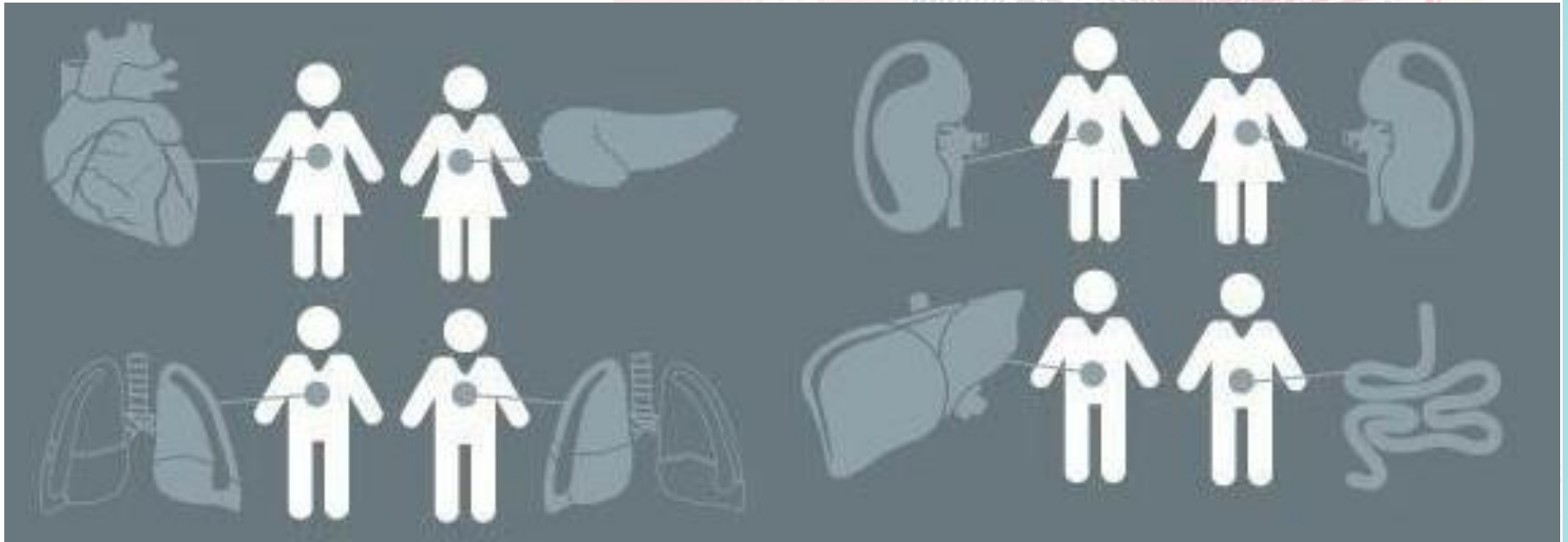


- There are no costs to the family for the donation process.
- Being an organ or tissue donor does not interfere with funeral arrangements.

Which Organs Can be Donated?



One organ donor



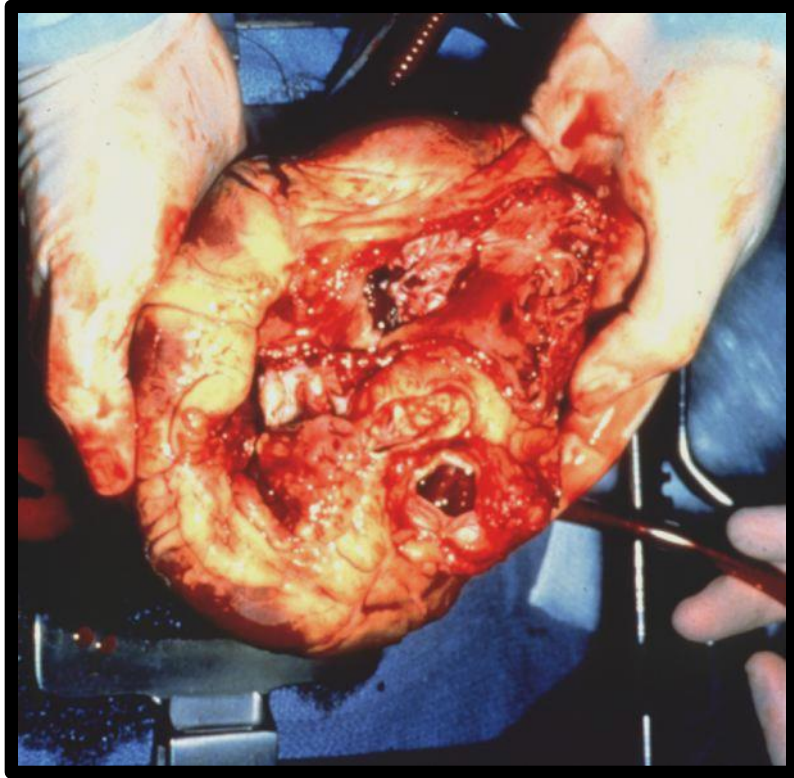
can save up to 8 lives



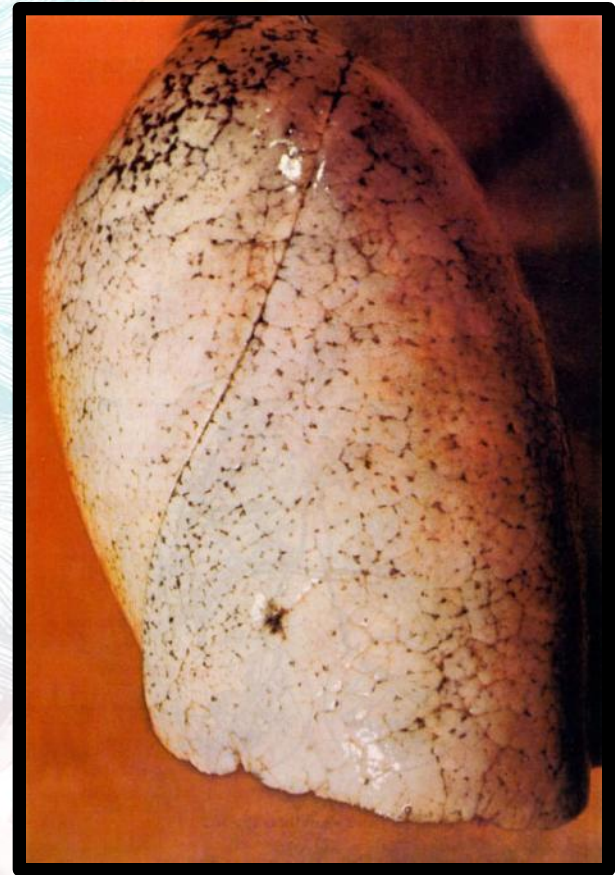
Name that Organ!

The following slides contain graphic medical images about organs, eyes, and tissue – you've been warned!

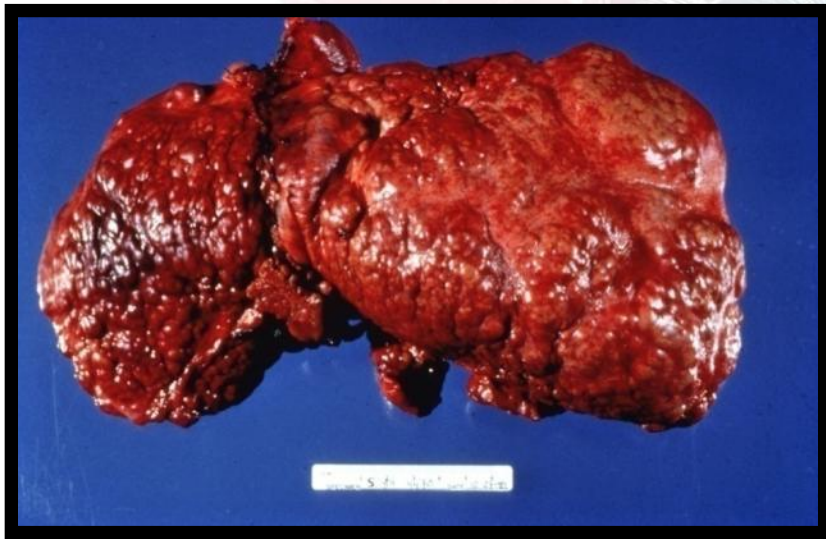
Diseased / Healthy



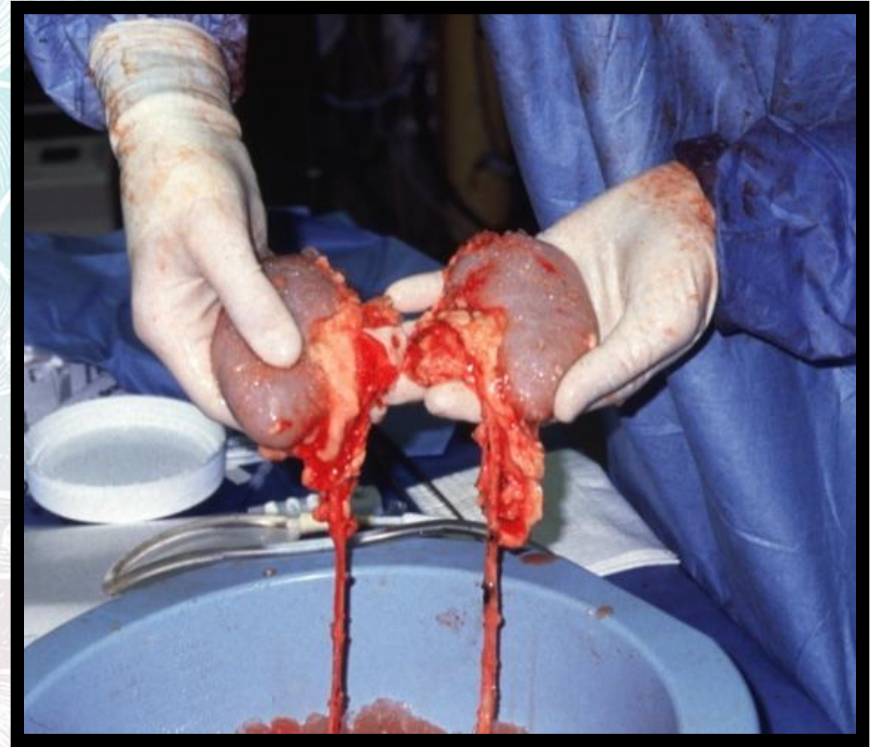
Diseased / Healthy



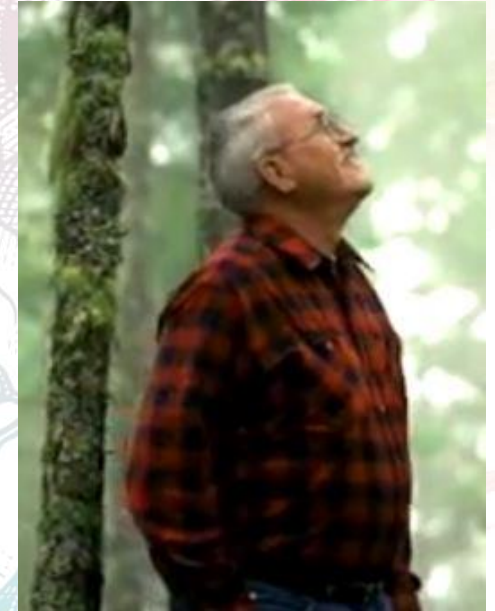
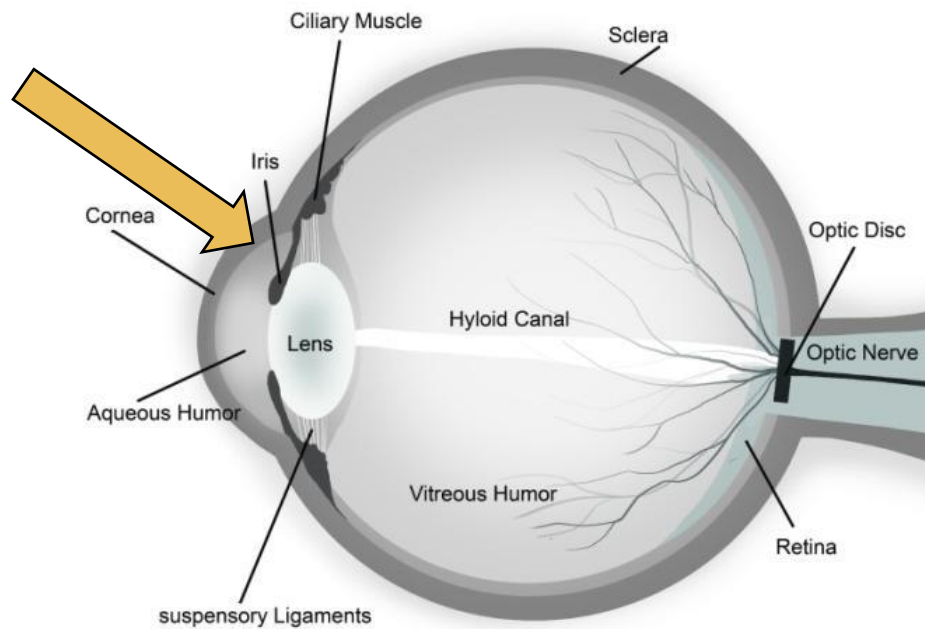
Diseased / Healthy



Diseased / Healthy



What is a Cornea?

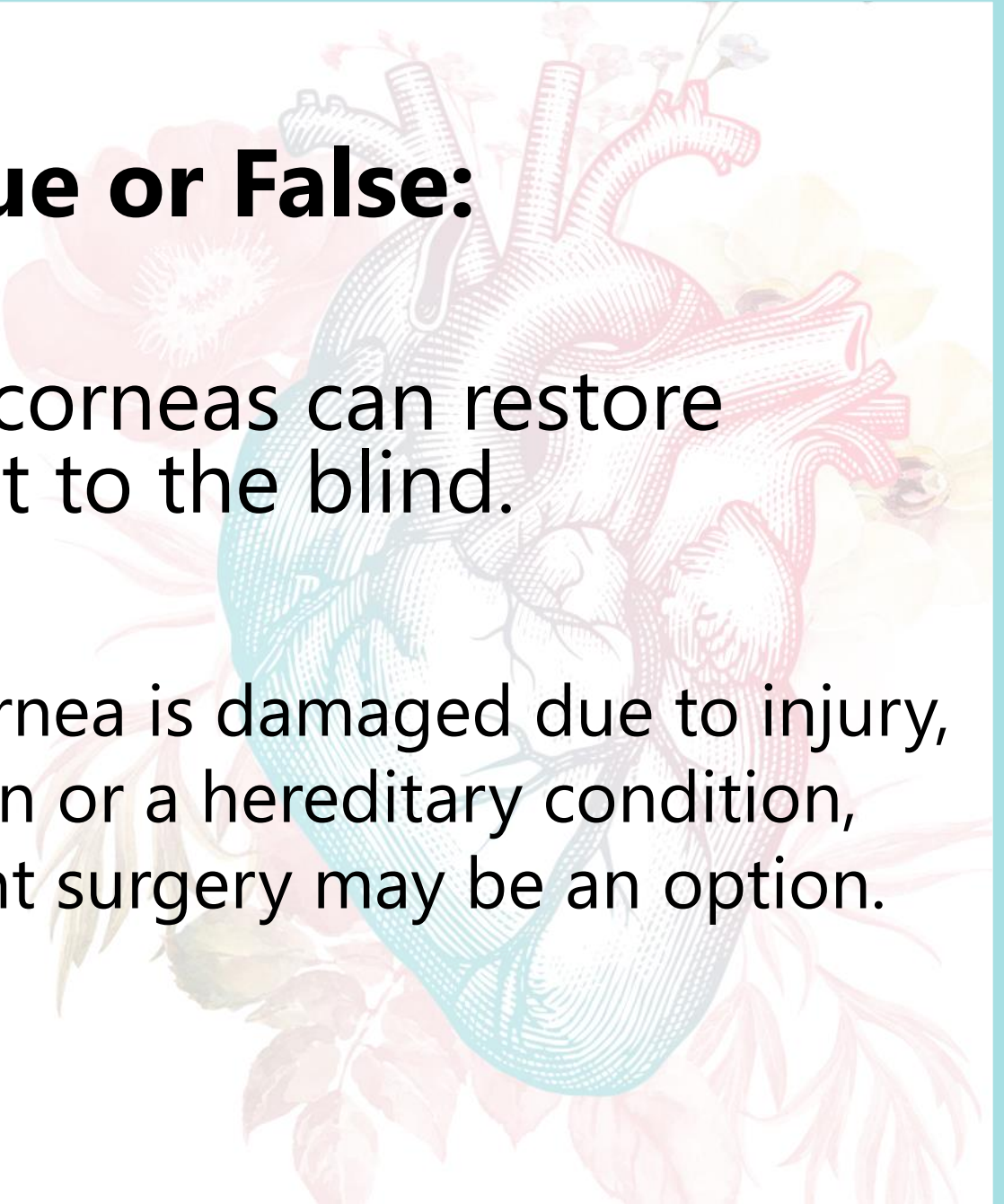


[John's Story](#)

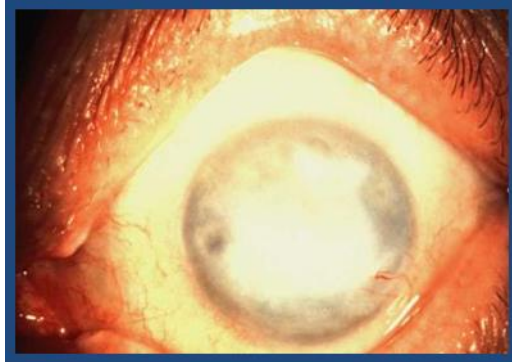
True or False:

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



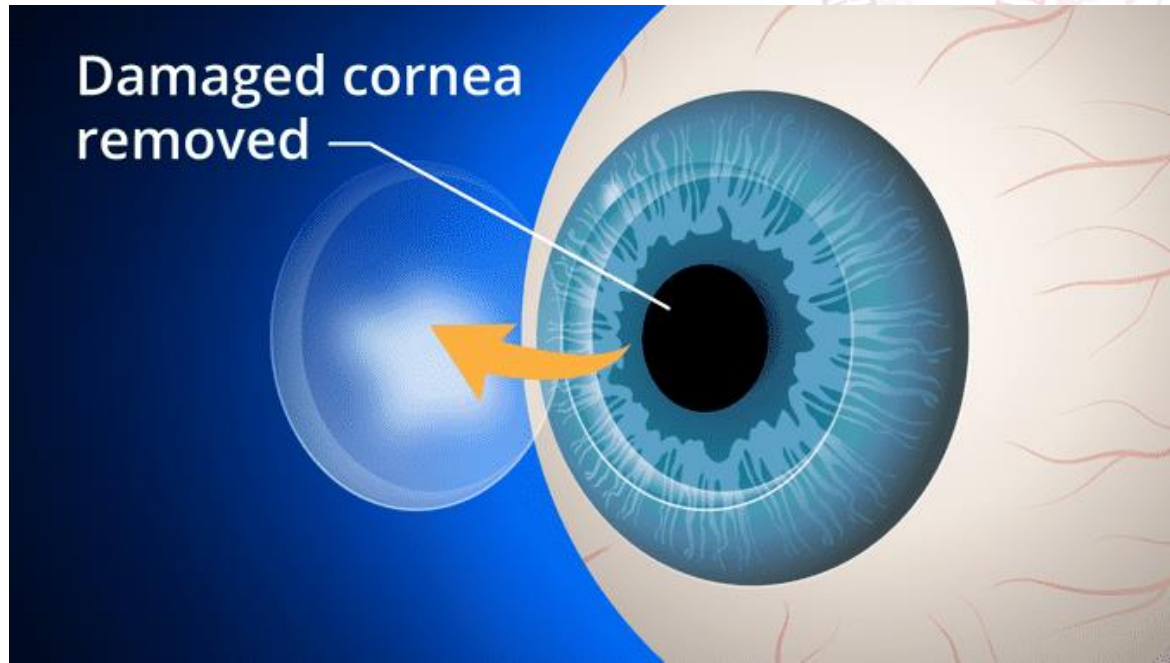
Keratoconus



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

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

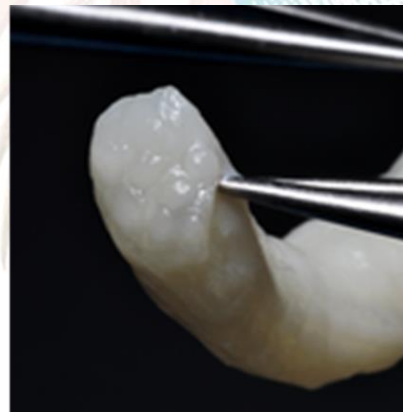
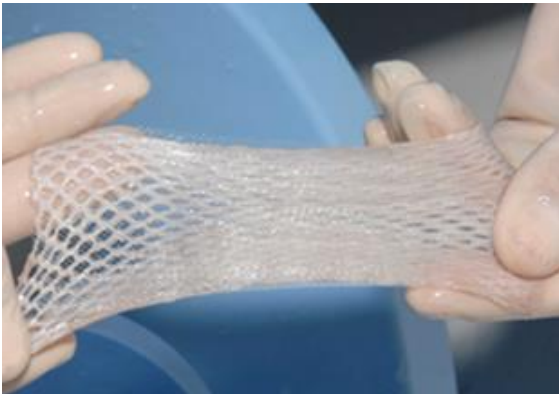
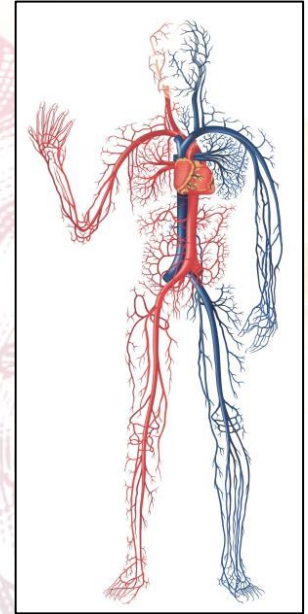




Research on glaucoma, retinal disease and eye complications of diabetes relies on human eye donations—leading to advanced treatments and cures.



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

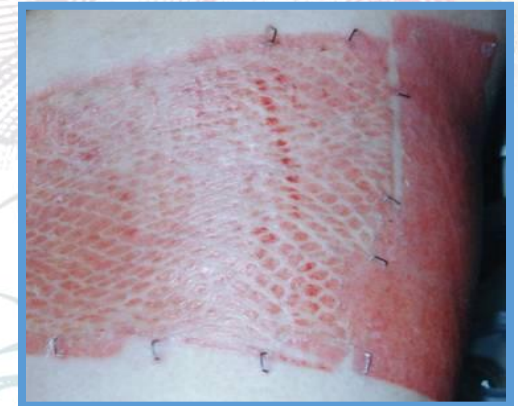
Skin regulates our heat and fluid, and is the body's first defense against germs.



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



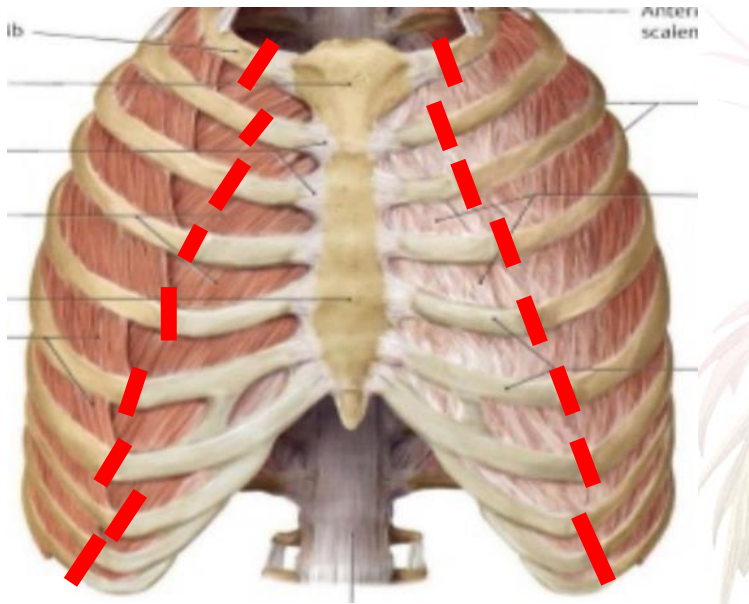
Graft is meshed so that it can stretch to cover a larger area



Graft acts as a biological bandage on a burn victim

Life-enhancing tissue

Costal Cartilage taken from the sternum/rib area can be transformed and used to reconstruct cartilage forming the ear.



Solvita

Above the assembled, carved rib cartilage construct is shown before and after placement of a skin flap. In this technique the construct initially lies flat against the side of the head. A second procedure is required to elevated the ear and place a skin graft. Often times a third touch up procedure is required.

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, medical conditions, gender, or sexual orientation! 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

Donor Families

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

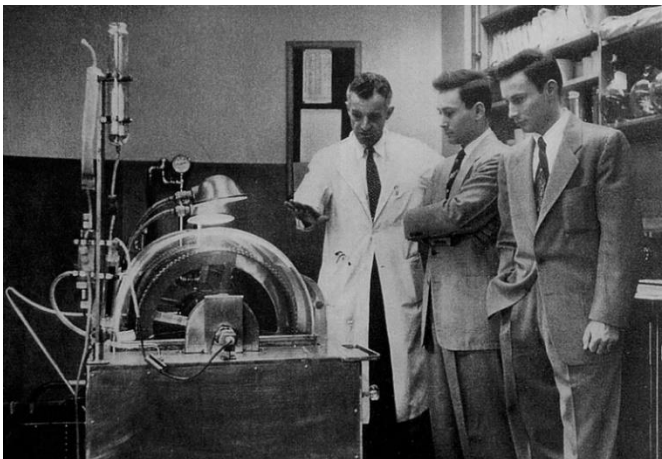
- Blood and bone marrow



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



Careers in Donation & Transplant



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...

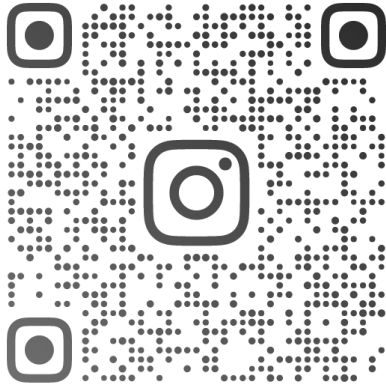
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www.DonateLifeNW.org



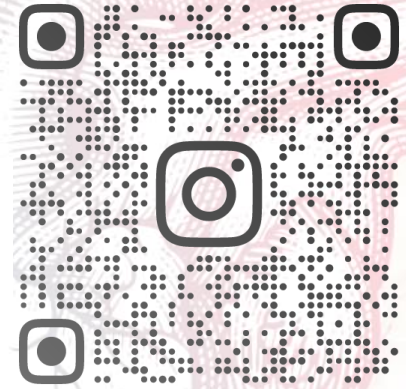
www.DoneVidaNW.org
(en español)



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