



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.*

WA USA **WASHINGTON**
IDENTIFICATION CARD

1234567XX1111
20

FEDERAL LIMITS APPLY
4d LIC# WDLABCD456DG
3 DOB 01/06/1997
4a ISS 08/12/2015
4b EXP 08/12/2020

Suzy A. Sample
AGE 21 ON 01/06/2018

1 SAMPLE
2 SUZY A

8 123 STREET ADDRESS
YOUR CITY WA 99999-1234

15 SEX F 17 WGT 105 lb 18 EYES BLU
16 HGT 5'-02"

5 DDWDLABCD456DG1234567XX1111
WA
Veteran
DONOR ♥
REV 07/01/2018

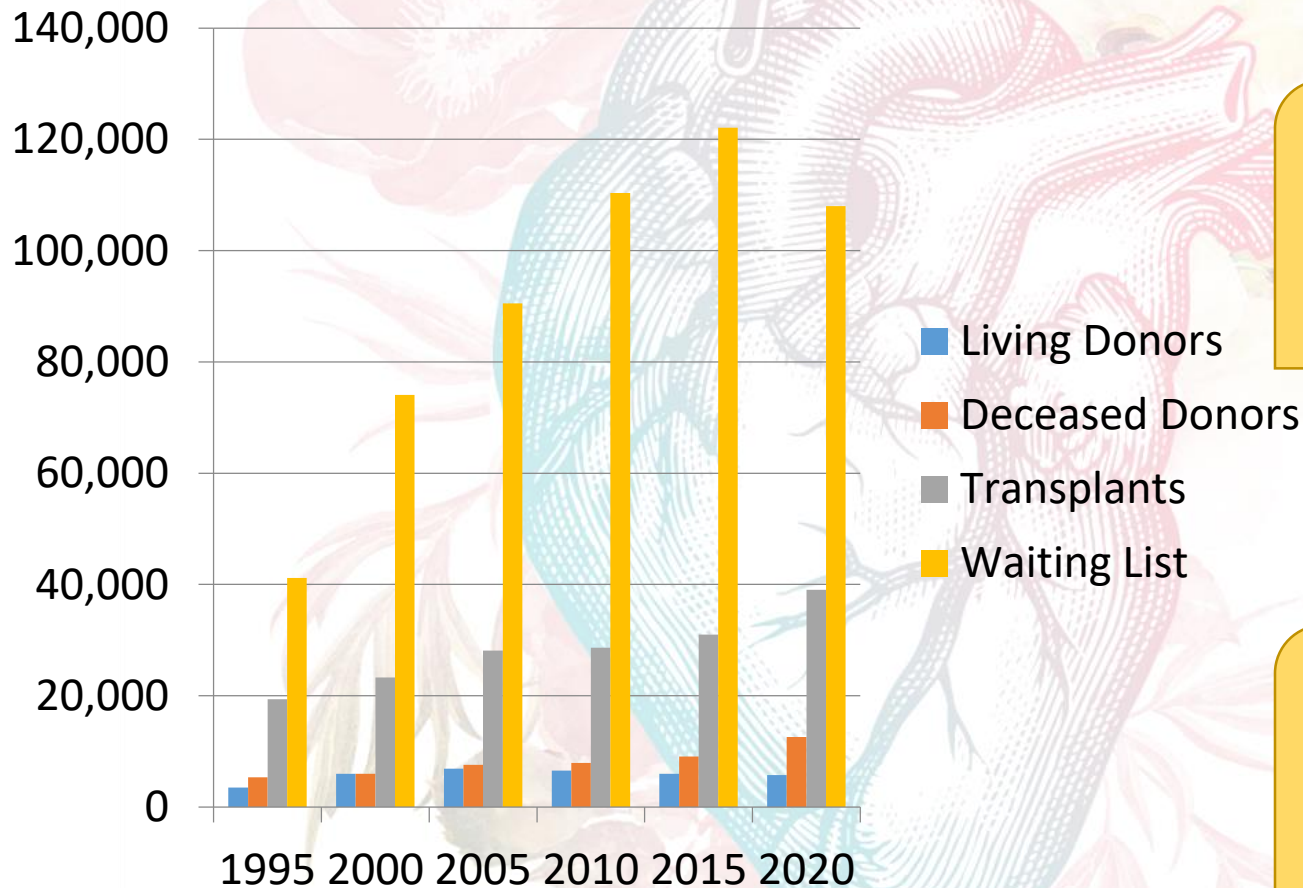
Why Don't People Register?

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



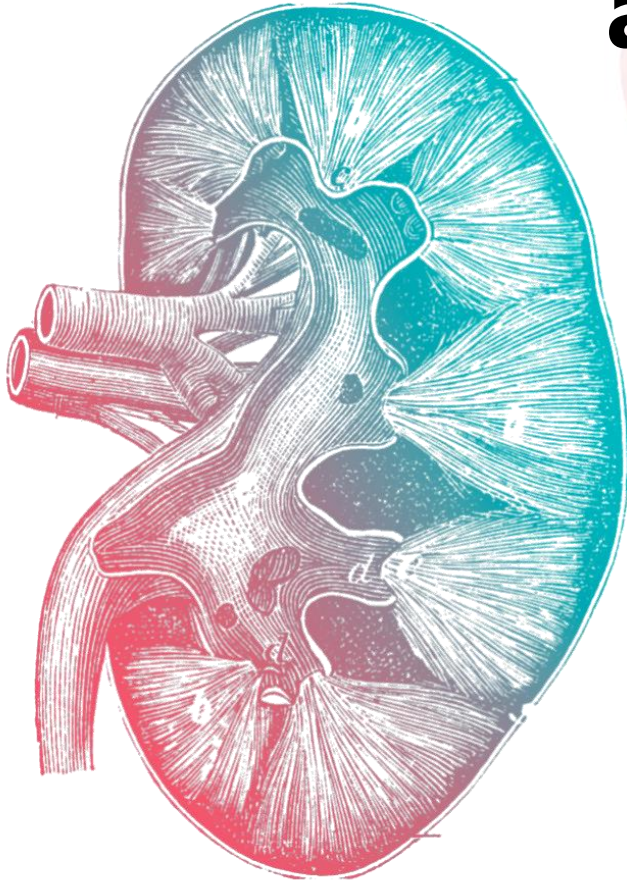
The Need for Organ Donors



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.



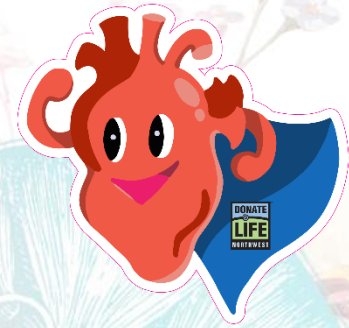
[The Waiting List](#)



[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!**



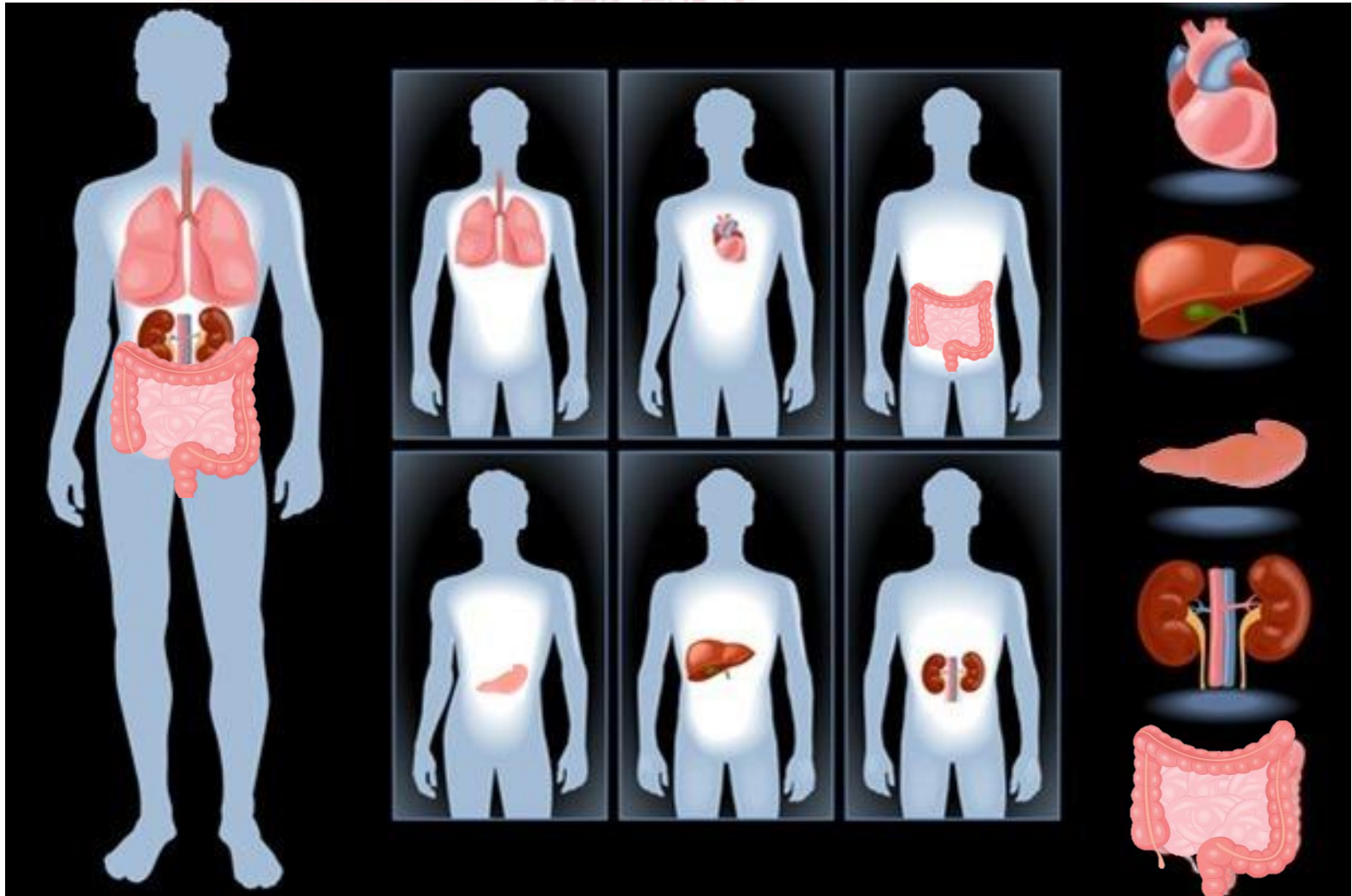
Organ Recovery

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

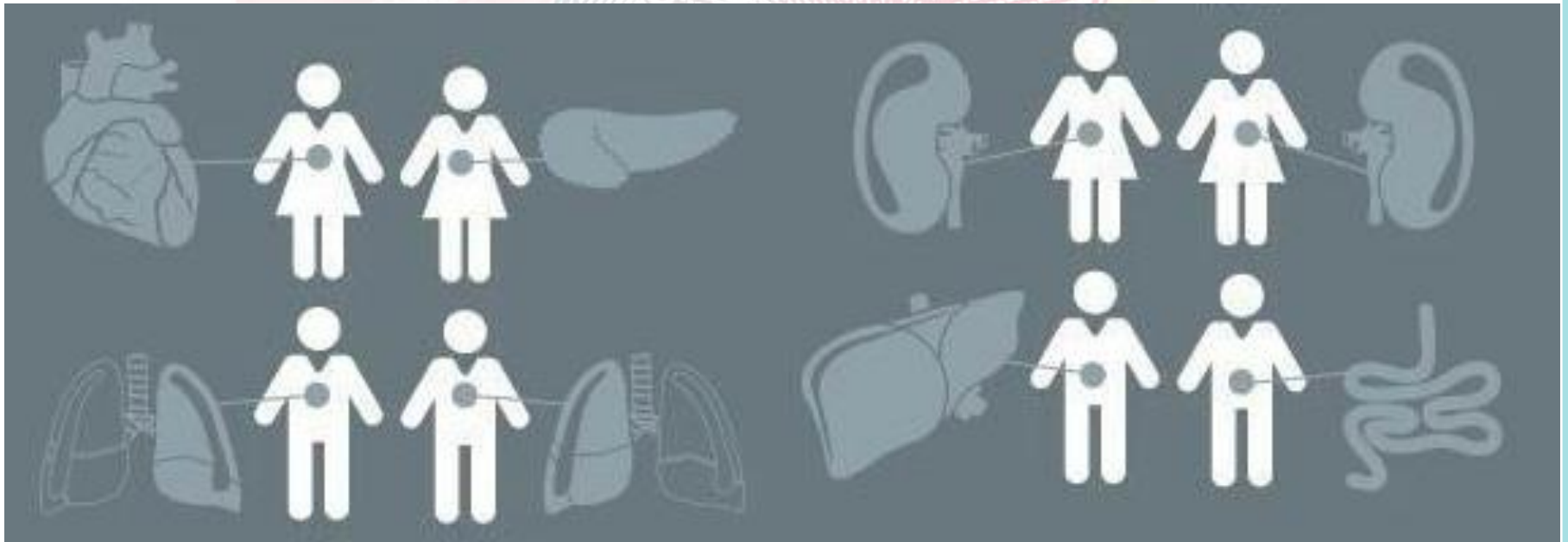


- There are no costs to the family for the donation process.
- Being an organ or tissue donor does not interfere with funeral arrangements.

Which Organs Can be Donated?

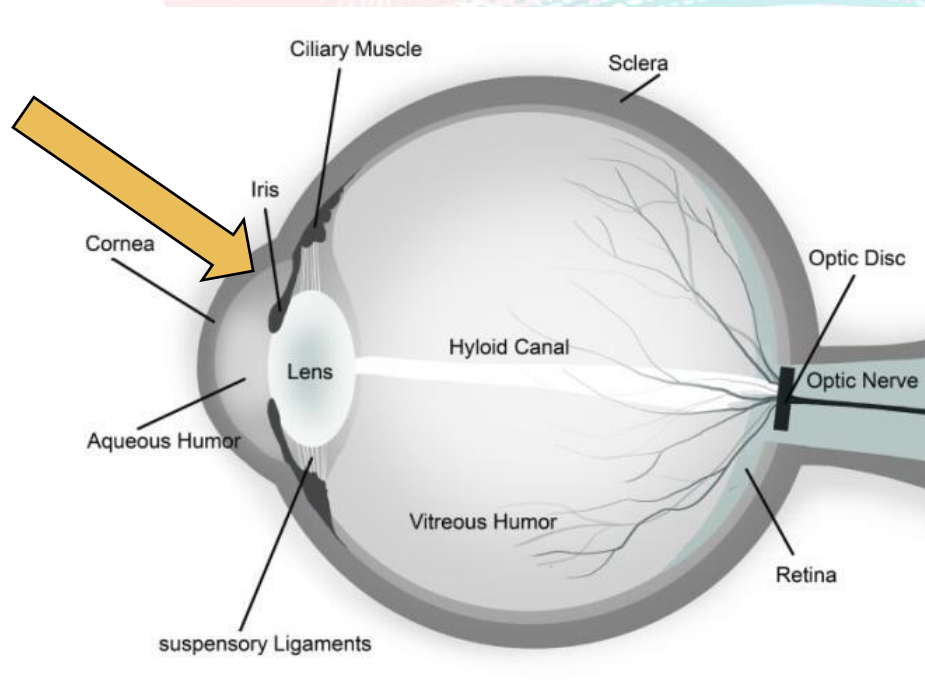


One organ donor



can save up to 8 lives

What is a Cornea?



[John's Story](#)

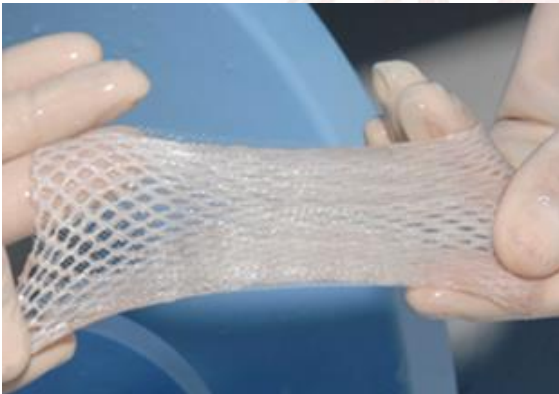
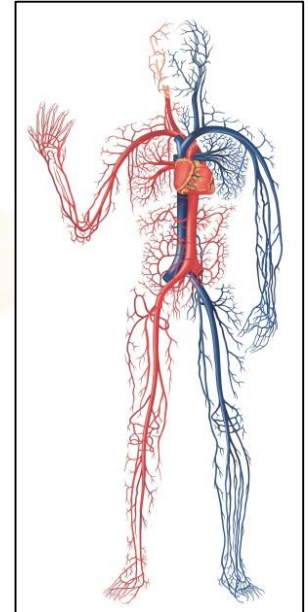
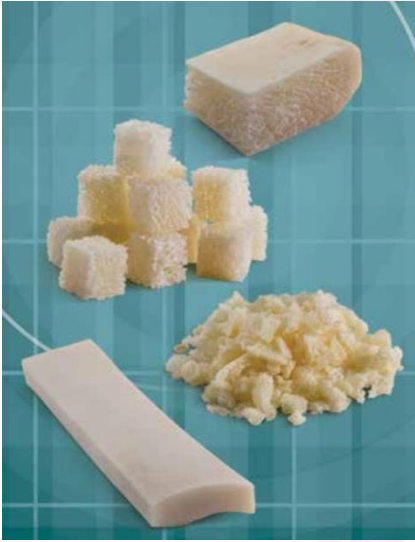


True or False:

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.

Which tissues can be donated?



Jan's Story

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

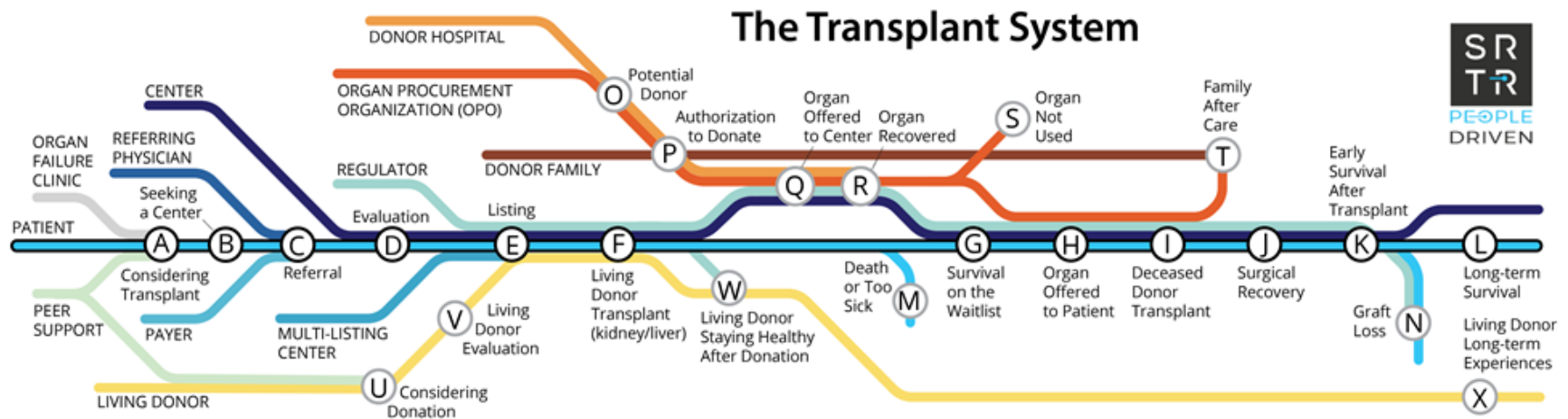


George Lopez



Steve Jobs

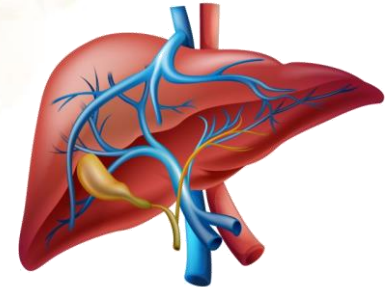
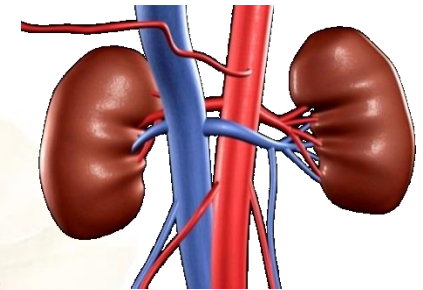
The journey through the transplant system can be complicated involving many stops, people and organizations along the way.



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.

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...

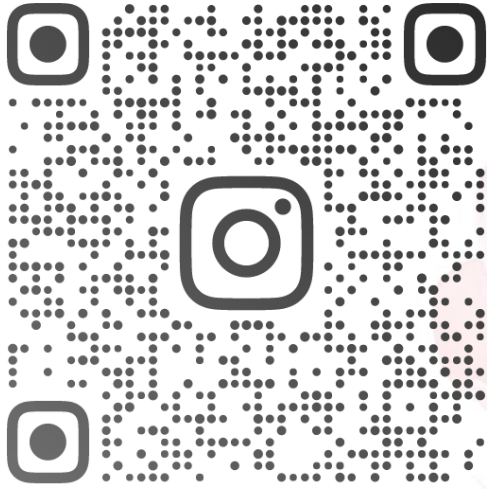
GO RECYCLE YOURSELF.COM



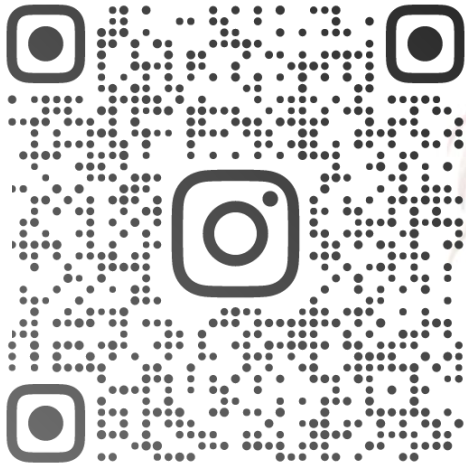
www.DonateLifeNW.org



www.DoneVidaNW.org
(en español)



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