Recycle Yourself

Save lives through organ, eye, and tissue donation!

DONATE LIFE NORTHWEST

recycleyourself
GORECYCLEYOURSELF.COM

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" on your license?

After I die, I wish to donate

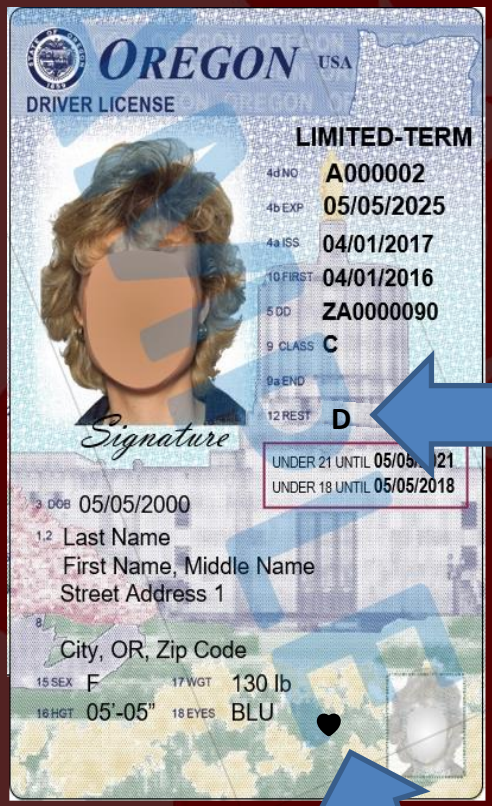
organs**, **eyes,** and/or **tissues

*to **save** someone's life,*

restore someone's vision,

and/or restore someone's

mobility.

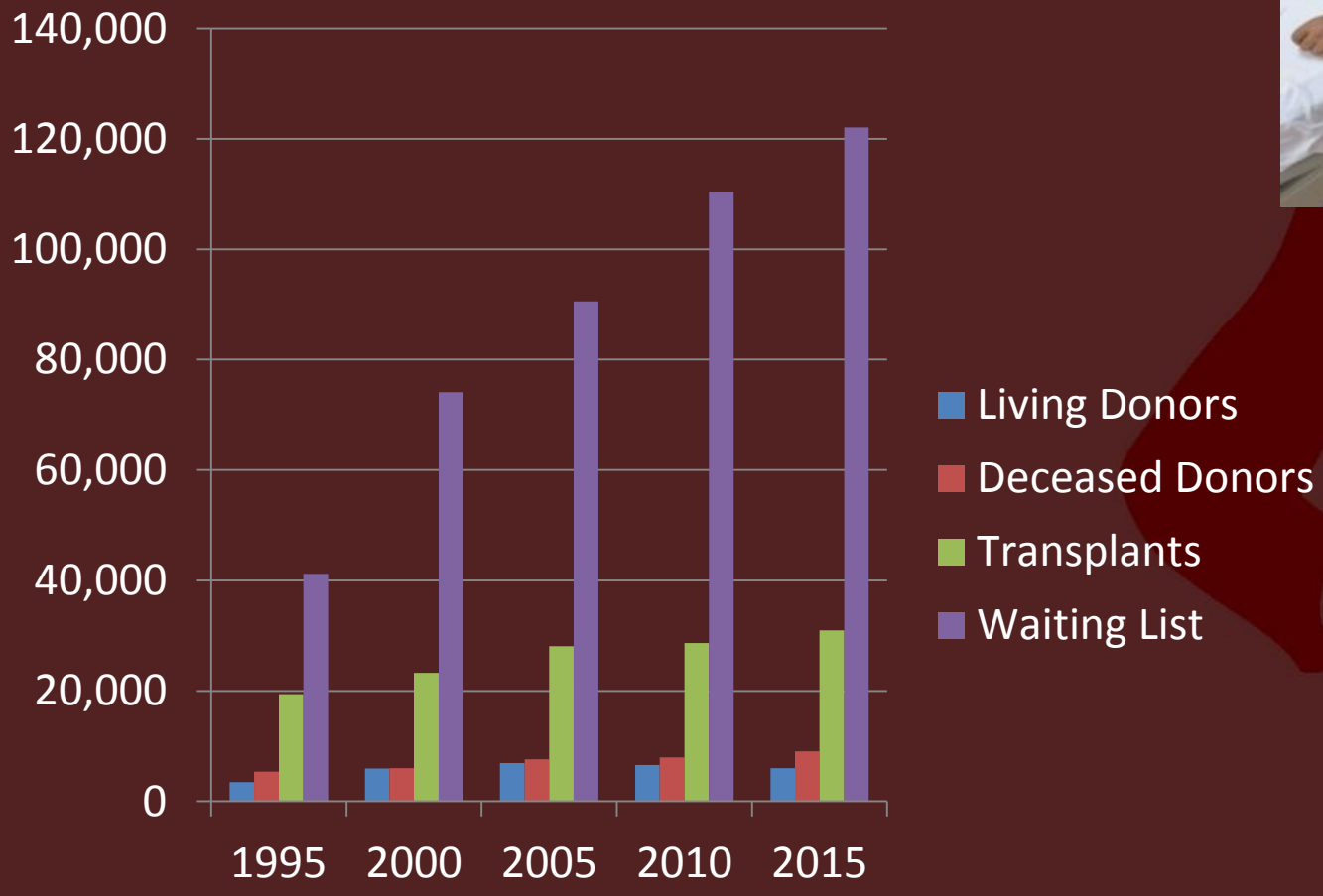


Why *Don't* People Register?

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 **10 minutes**, someone is added to the waiting list.

On average, **20 people** die each day while waiting for a transplant.

80% of everyone waiting needs

80% of everyone waiting needs a kidney

Americans are increasingly at risk for conditions which eventually lead to kidney failure:

- Type II Diabetes*
- High Blood Pressure*

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

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

What is it like waiting?

The Waiting List

Alysia's Story

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.

Local Heroes

2.6 million Oregonians are registered donors

≈ 36,000 Oregonians died in 2018

1,779 cornea donors = 1,588 cornea transplants

594 tissue donors = 63,962 tissue transplants

87 organ donors = 326 organ transplants

Organ Donation and Transplantation: How Does It Work?

organdonor.gov

Brought to you by the
U.S. Department of Health and Human Services
Health Resources and Services Administration

True or False:

Organ donation is very common.

True or False:

Organ donation is very common.

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

3 Criteria for Organ Donors

- Donor died in a hospital.
- Donor was placed on mechanical ventilator prior to death.
  - Blood and oxygen continue to flow through the vital organs.
- Severe trauma caused the brain to swell, resulting in brain death.
  - Electricity, blood and oxygen irreversibly cease to flow.

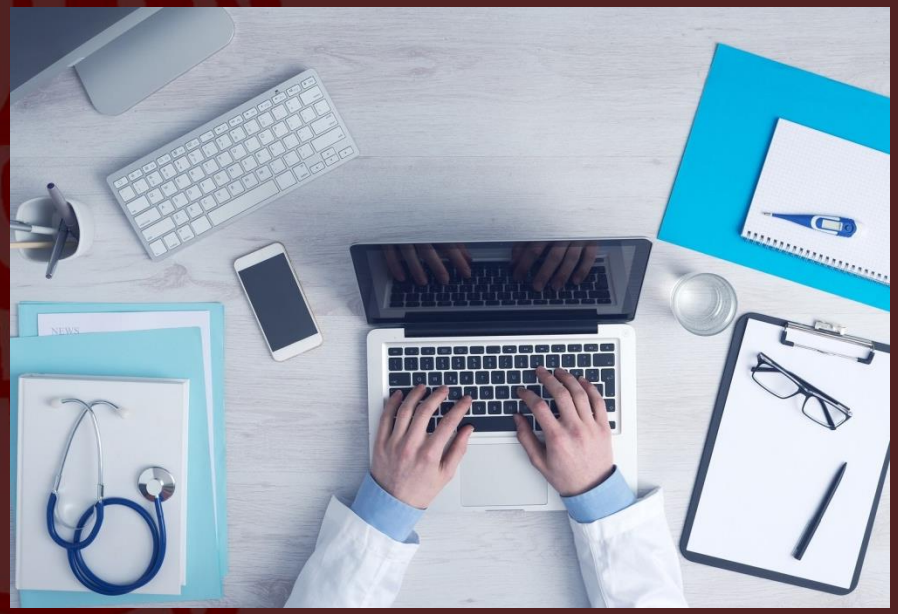
Next Steps

If someone **CAN** be an organ donor…

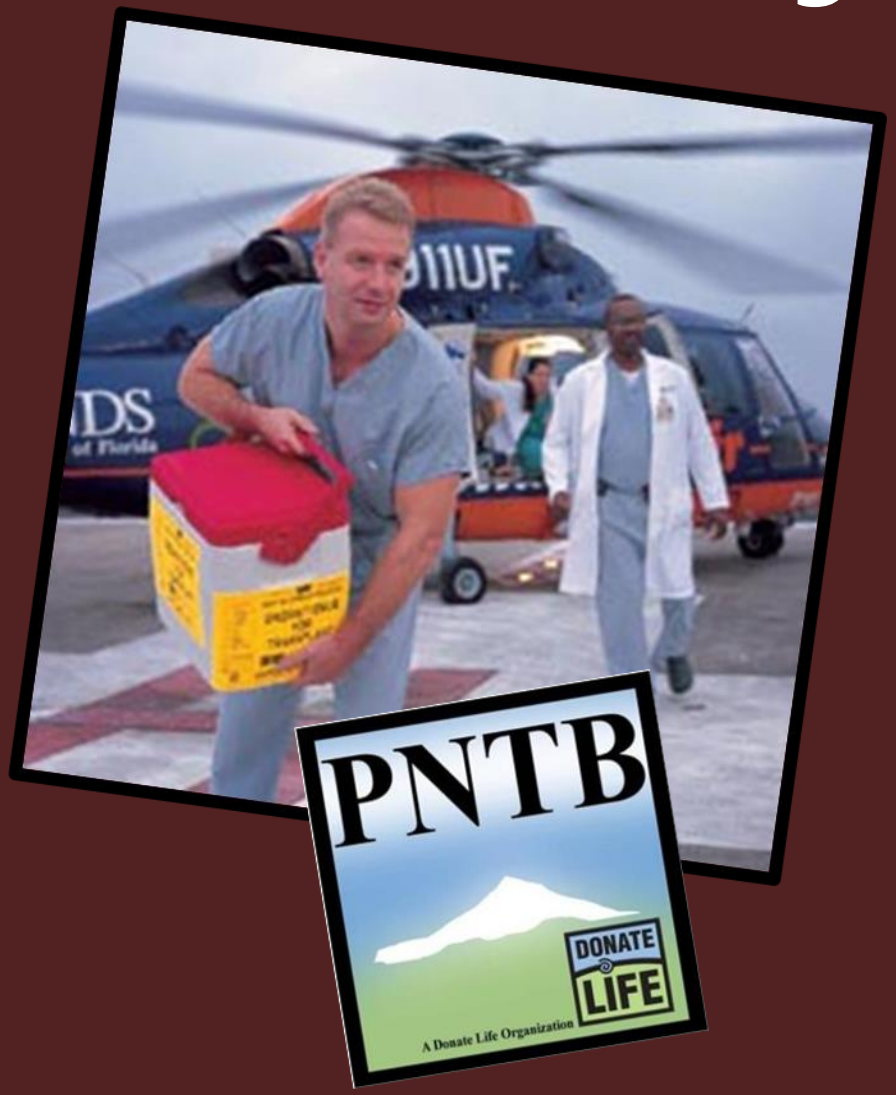
- A separate team comes in
- The registry is checked
- The family is approached
  - If under 18, the family will be asked to authorize donation
- TALK TO YOUR FAMILY TODAY!

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

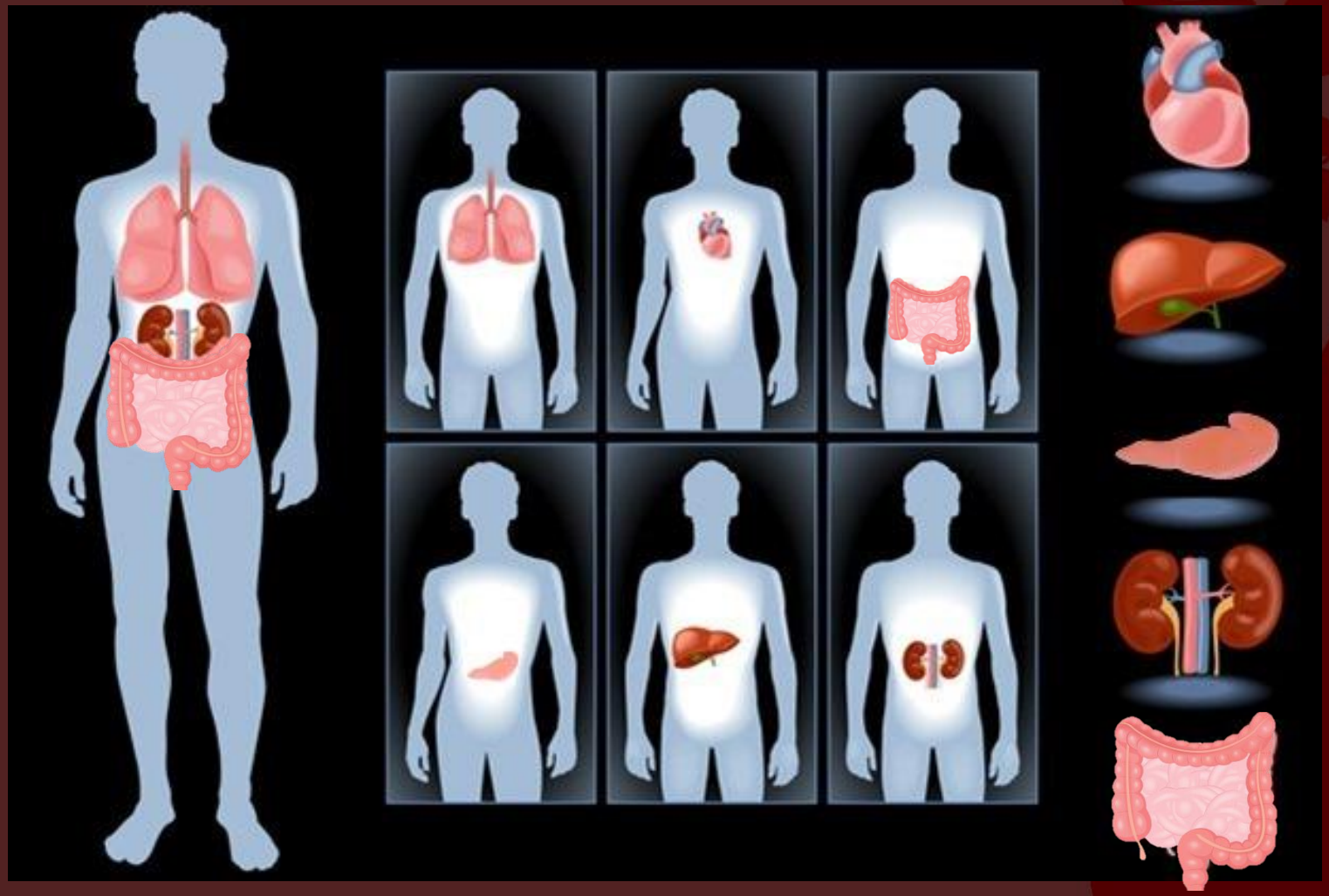
Heart	4-6 hours
Lungs	4-6 hours
Liver	8-12 hours
Intestines	8-16 hours
Pancreas	12-18 hours
Kidney	24-36 hours
Cornea	up to 18 hours
Tissue	up to 24 hours

Organ Recovery

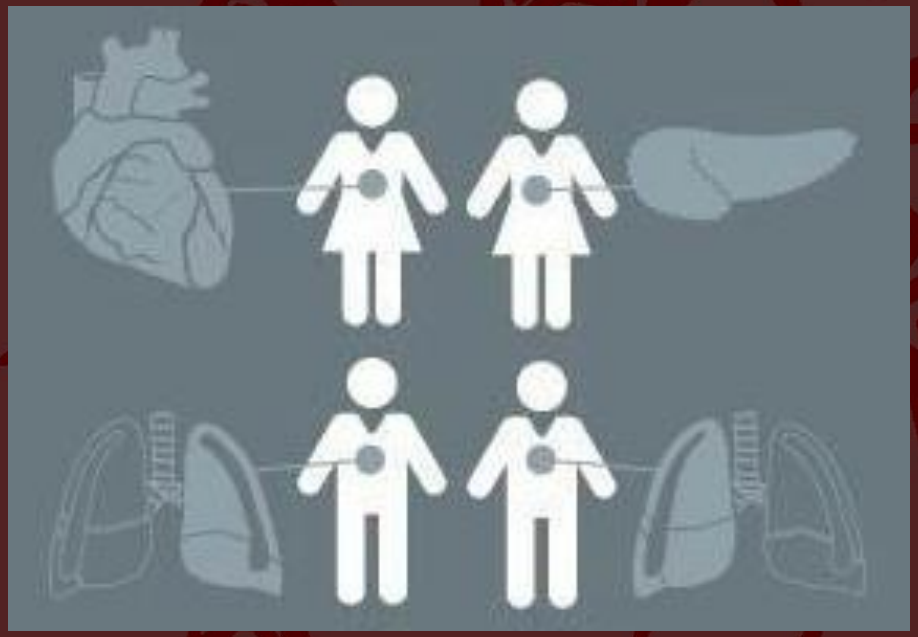
The recovery surgery takes place in an operating room, in the same sterile and careful way as in any surgery.

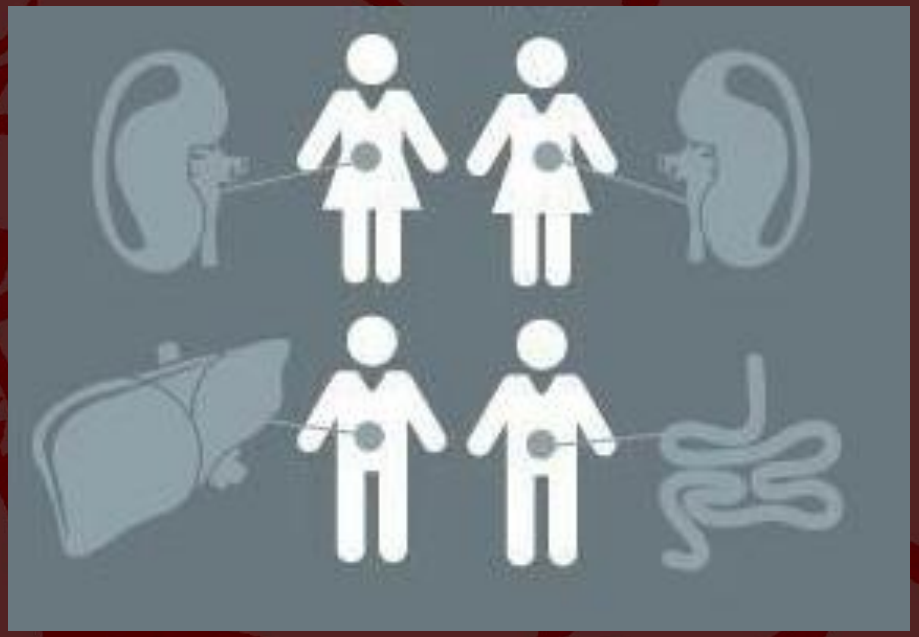
- There are no costs to the family for the donation process.
- Being an organ or tissue donor does not interfere with funeral arrangements.

Which Organs Can be Donated?



One organ donor



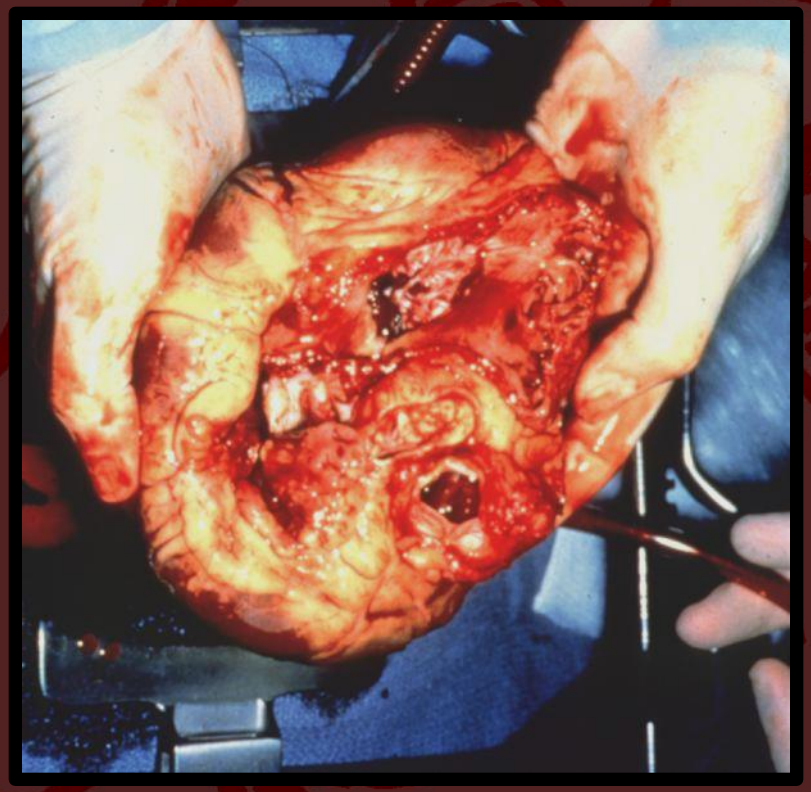


can save up to 8 lives

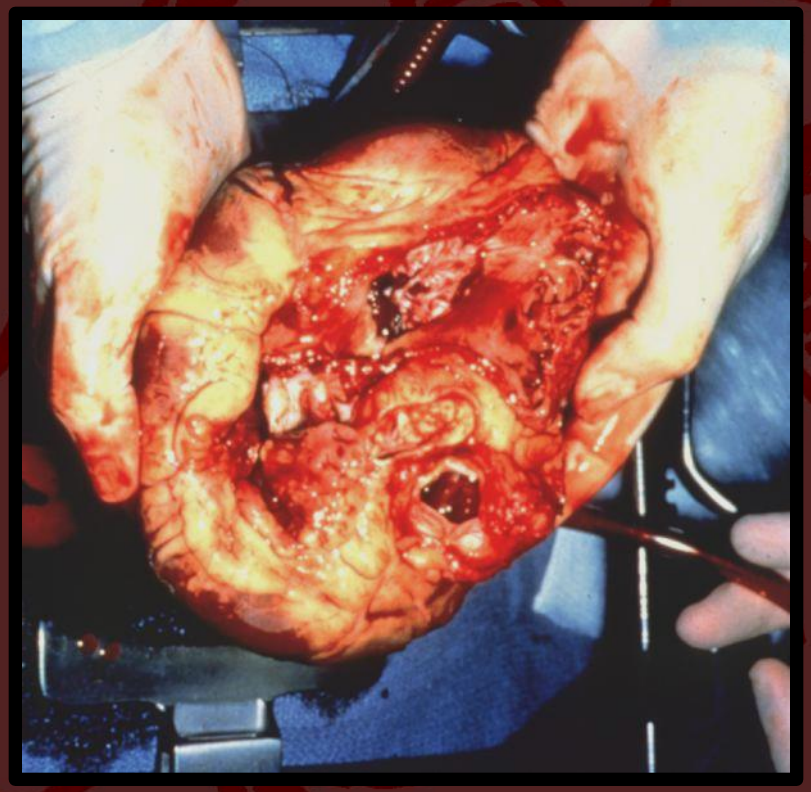
Name that Organ!

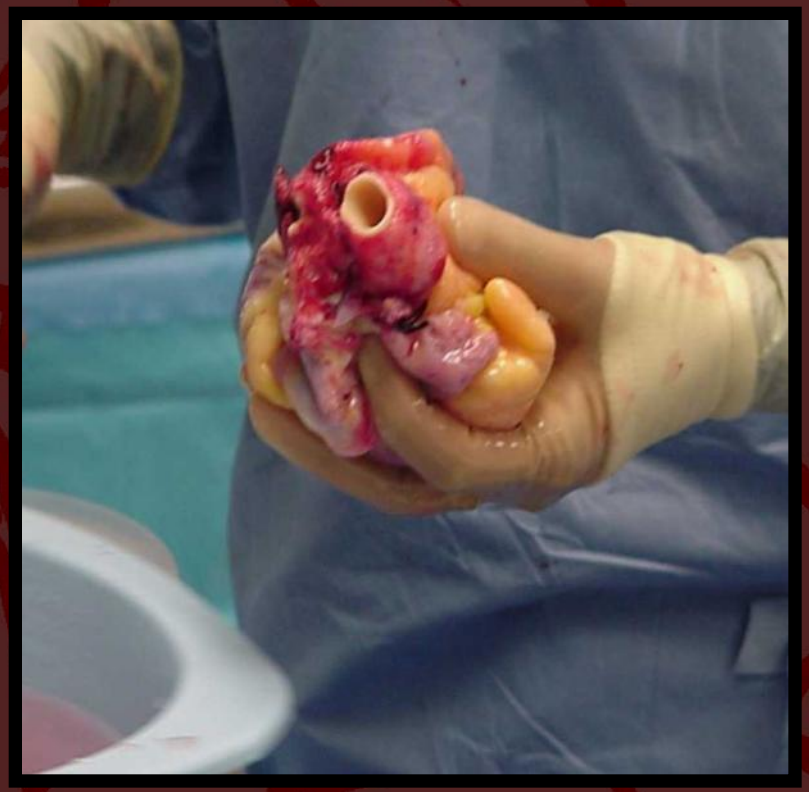
Contains graphic medical images – you've been warned!

Diseased / Healthy



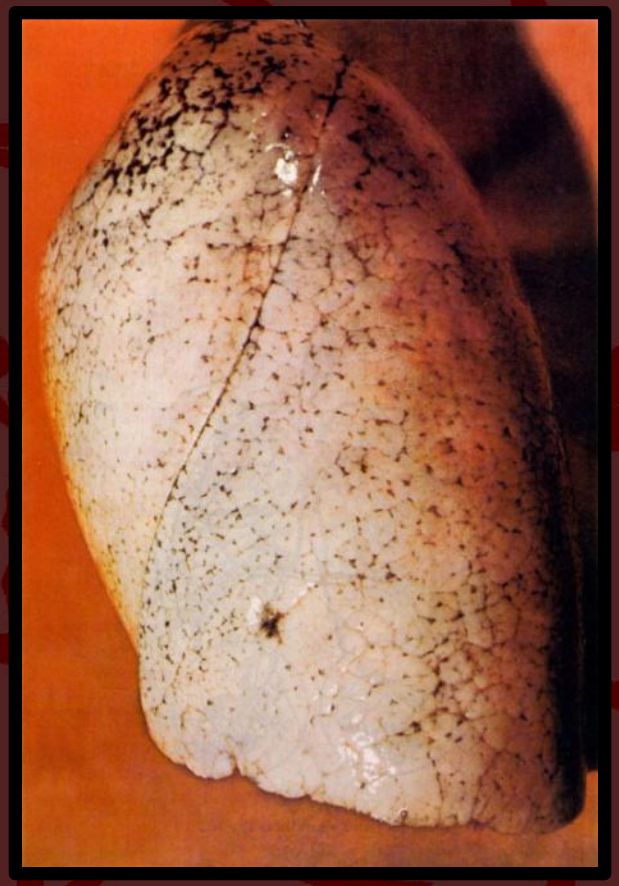
Diseased / Healthy



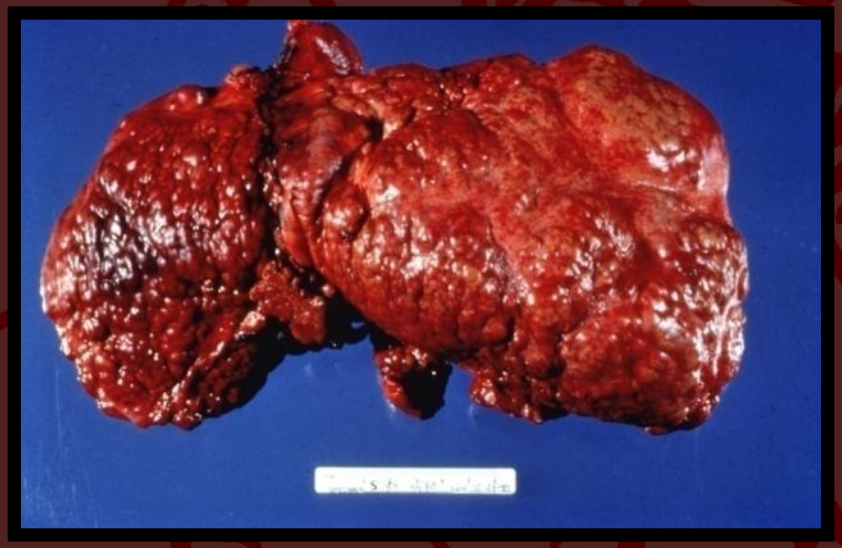


Diseased / Healthy

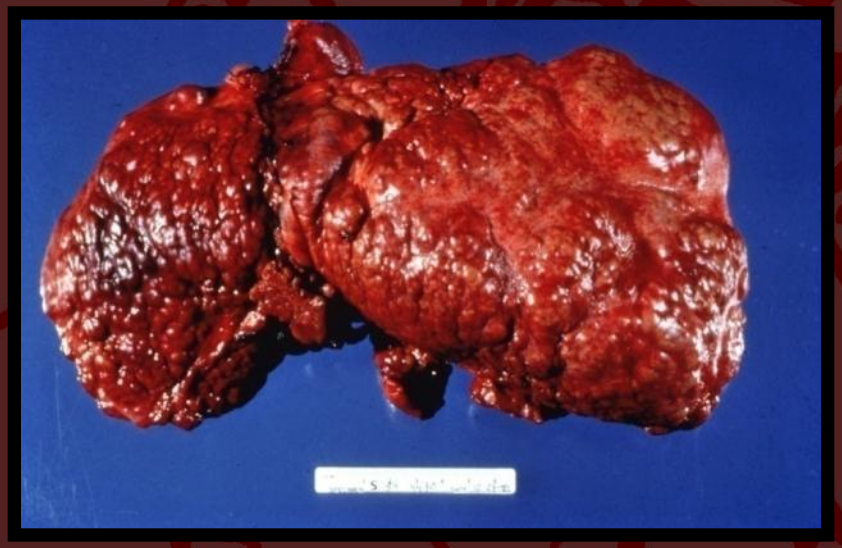
Diseased / Healthy



Diseased / Healthy



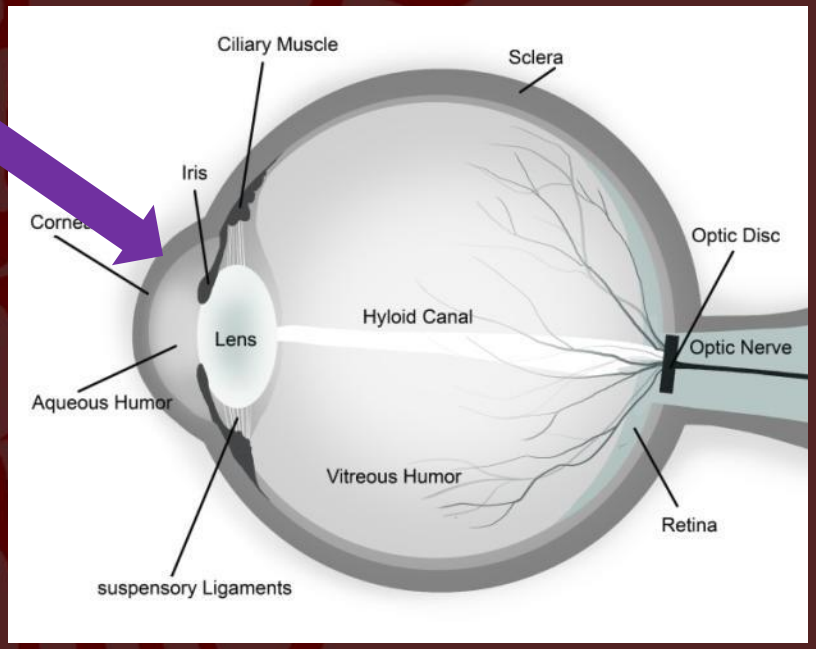
Diseased / Healthy



Diseased / Healthy

Diseased / Healthy

What is a Cornea?



[John's Story]

True or False:

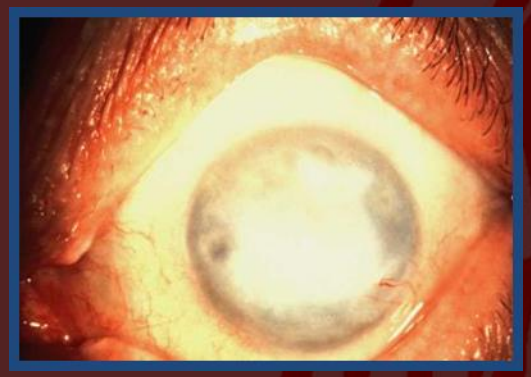
Donated corneas can restore sight to the blind.

True or False:

Donated corneas can restore sight to the blind.

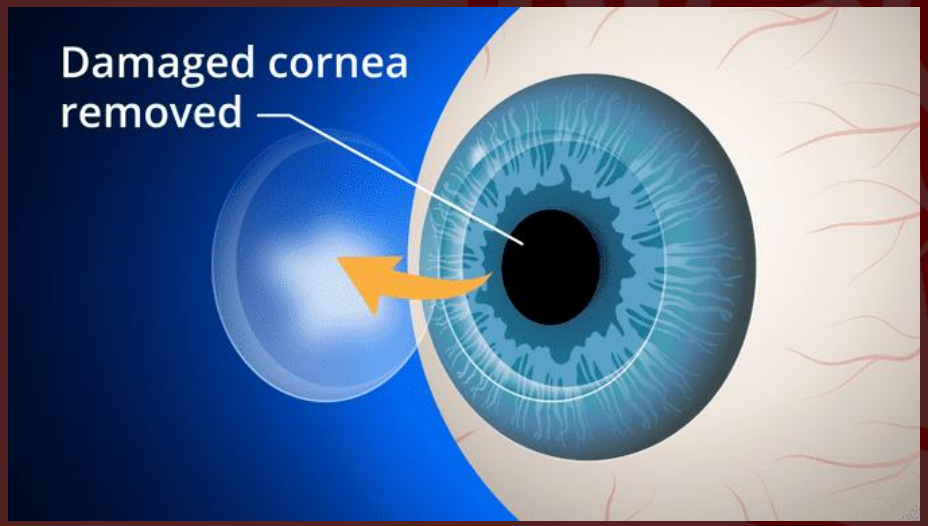
True. When the cornea is damaged due to injury, disease, infection or a hereditary condition, corneal transplant surgery may be an option.

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



chemical burn

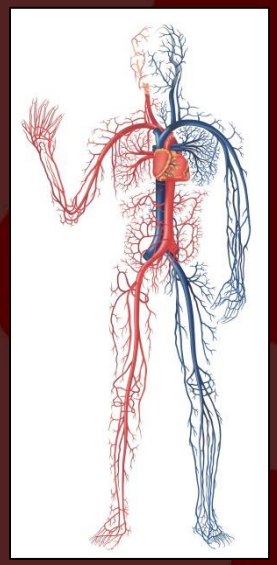
Keratoconus



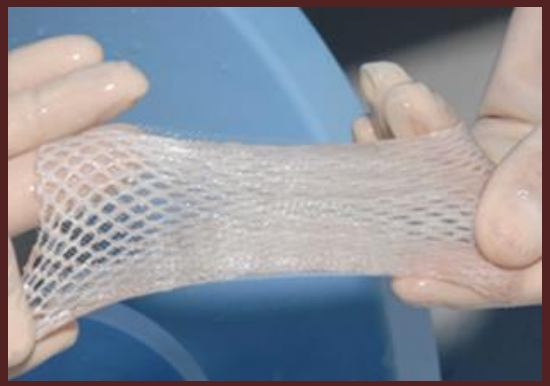
LIONS VISION GIFT

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



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:

Grandma and Grandpa can be donors.

True or False:

Grandma and Grandpa 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

[Justice's Story]

What can you donate while living?

What can you donate while living?

- A kidney

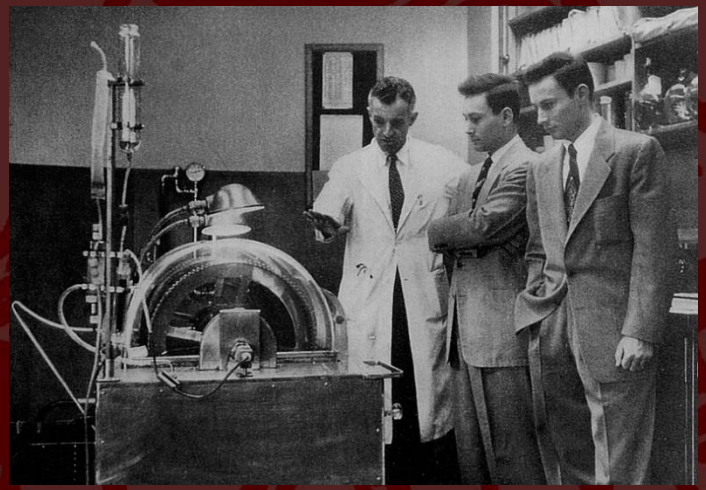
  You can donate a kidney to save the life of anyone who matches your blood and tissue type – recipients don't have to be a blood relative!

  - Paired and chain donation
  - How safe is it for the donor?
- A portion of your liver; it grows back!
- 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



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)

1967: 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

Careers in Donation & Transplant

Pop Quiz

1) How many people's lives can be saved or enhanced by tissue and/or cornea donation?

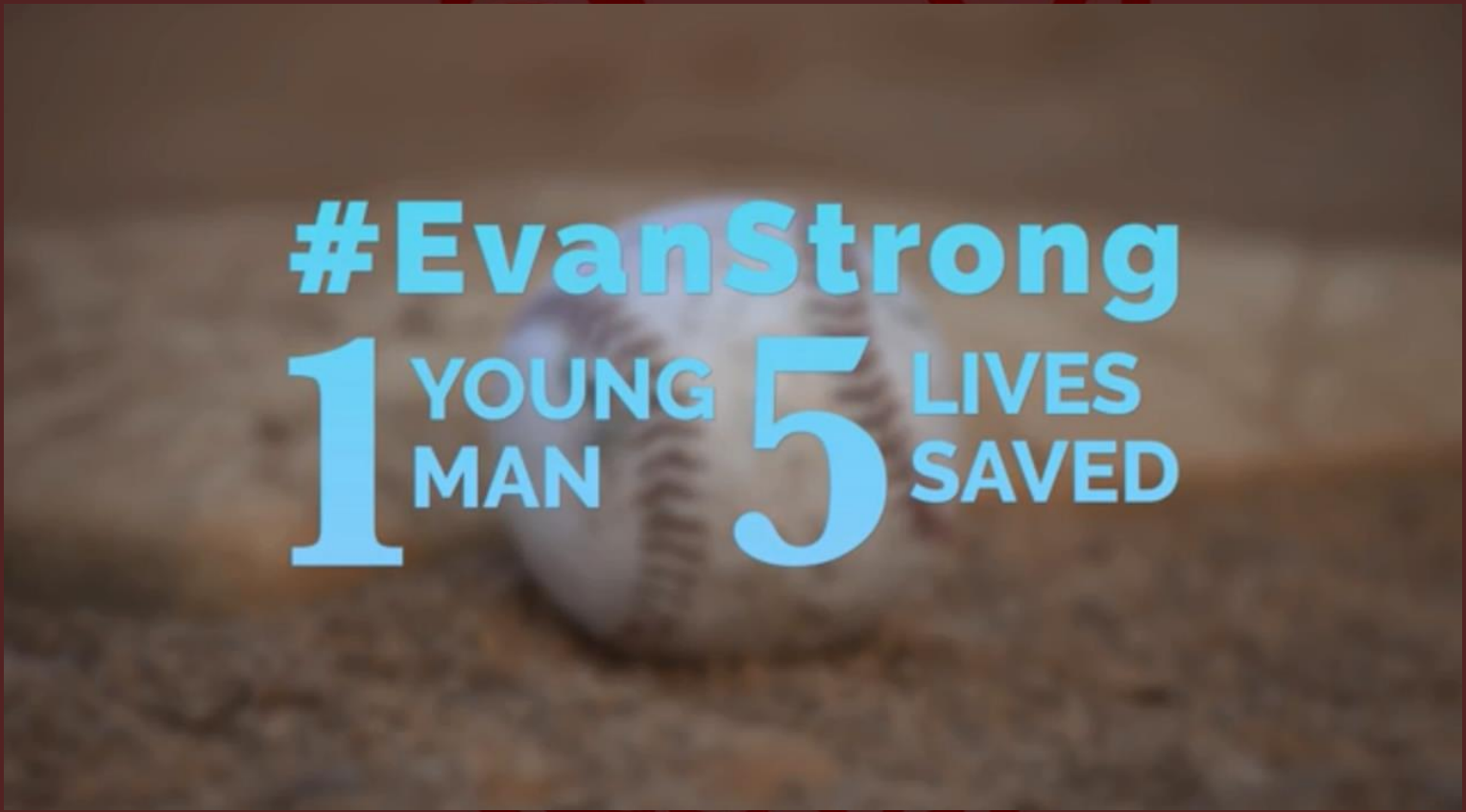
2) Do you know if your family members are registered donors?

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!
- Student projects!

Evan’s Story



Learn more and register…

GORECYCLEYOURSELF.COM

DONATE LIFE NORTHWEST

DONE VIDA

www.DonateLifeNW.org

www.donevidanw.org (en español)