



# Recycle Yourself

Save lives through organ, eye,  
and tissue donation!



[GORECYCLEYOURSELF.COM](http://GORECYCLEYOURSELF.COM)



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

Organ, eye, and tissue recovery professionals

Transplant Centers

DMV



LEGACY  
HEALTH



OHSU





# 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?

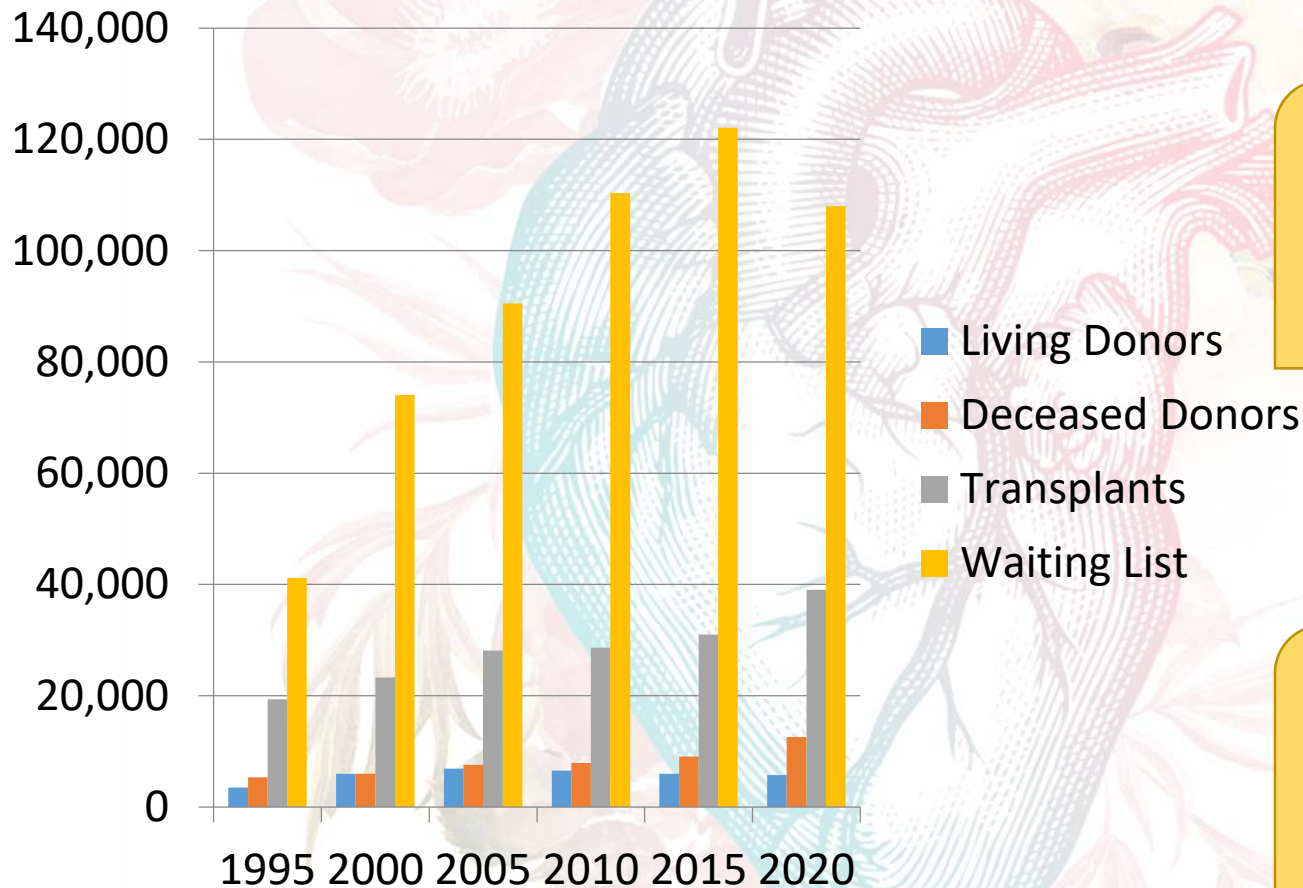
## Fears, Myths, and Misinformation

- Movies 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





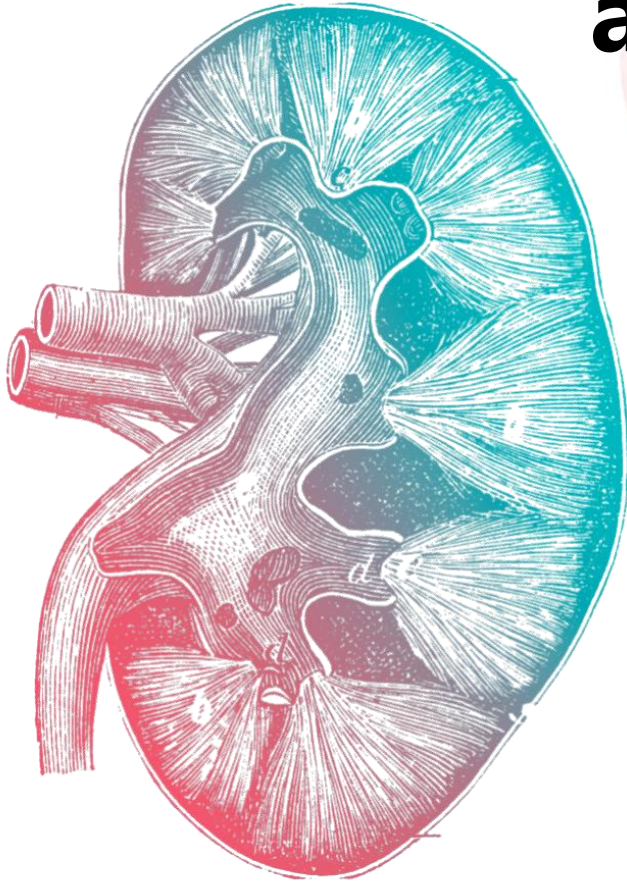
# The Need for Organ Donors



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 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 up to 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?

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



2.9 million Oregonians are registered donors

≈ 45,000 Oregonians died in 2020

1,796 cornea donors = 1,666 corneal transplants

649 tissue donors = 79,449 tissue transplants

146 organ donors = 418 organ transplants





**UNOS**<sup>SM</sup>  
UNITED NETWORK FOR ORGAN SHARING

A detailed anatomical illustration of a human kidney is centered in the background. The kidney is shown in cross-section, revealing its internal structure, including the renal cortex, medulla, and pelvis. It is surrounded by soft, painterly depictions of pink and yellow flowers with green leaves, creating a delicate and artistic backdrop. The entire scene is framed by a light 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!**





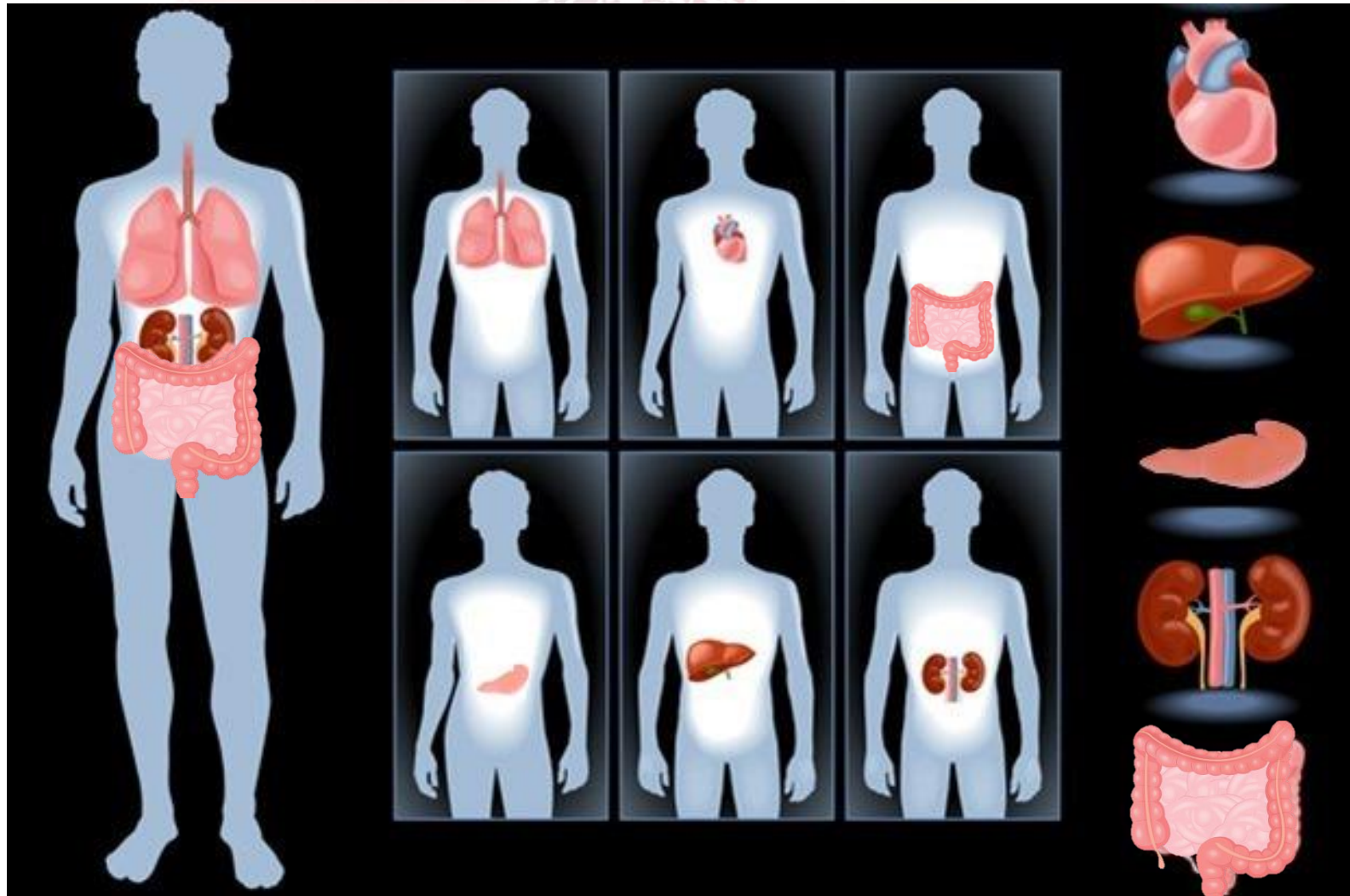
# Organ Recovery

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



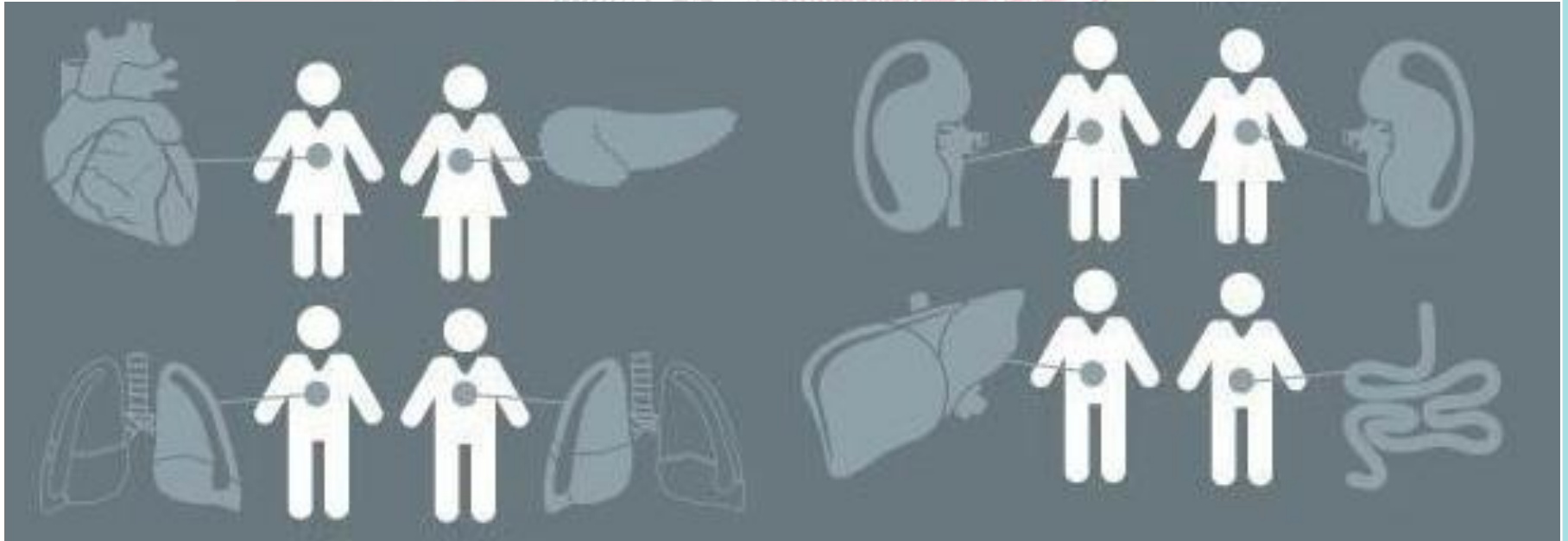
- There are no costs to the family for the donation process.
- Being an organ or tissue donor does not interfere with funeral arrangements.

# Which Organs Can be Donated?



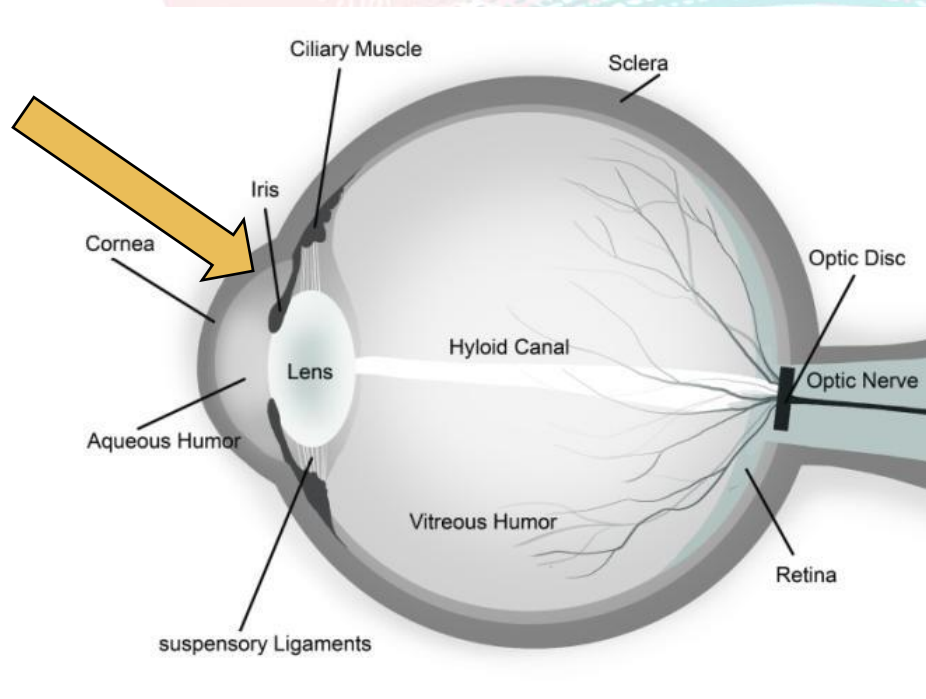


# One organ donor



**can save up to 8 lives**

# What is a Cornea?



[John's Story](#)



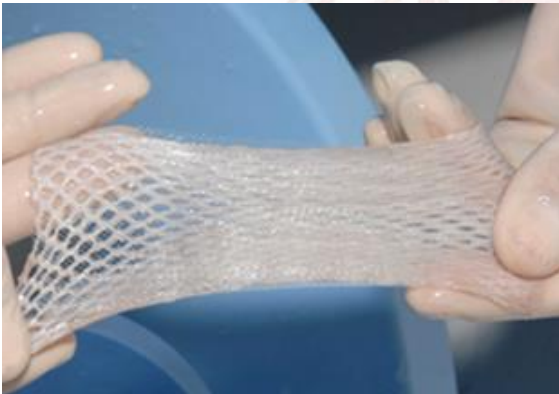
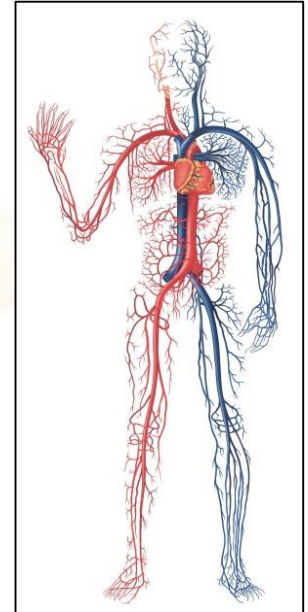
## True or False:

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**

# What can you donate while living?

- A kidney

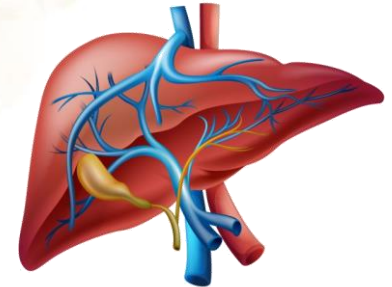
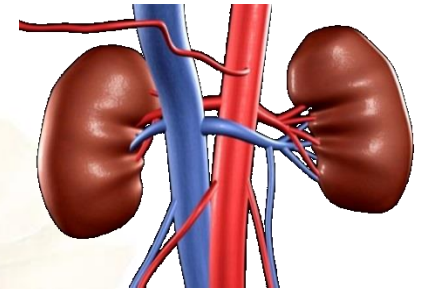
You can donate a kidney to save the life of anyone who matches your blood and tissue type – recipients don't have to be a blood relative!

- 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

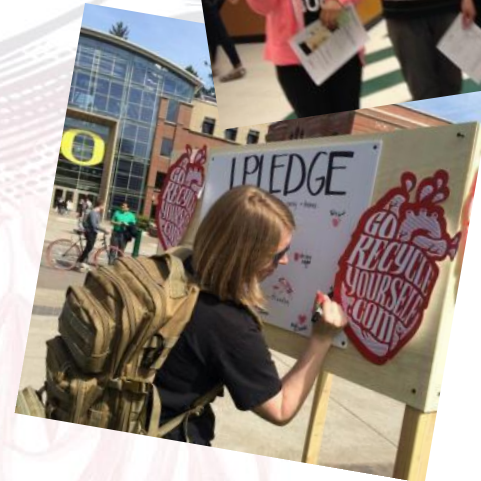
- 1) How many people's lives can be saved or enhanced by tissue and/or cornea donation?
- 2) Do you know if your family members are registered donors?
- 3) What is one new thing you learned today?





# 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!





☒ **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](http://www.DonateLifeNW.org)



[www.DoneVidaNW.org](http://www.DoneVidaNW.org)

(en español)