



# RECYCLE YOURSELF

## SAVE LIVES THROUGH ORGAN, EYE, AND TISSUE DONATION



### GET THE FACTS.

Anyone can register to be a donor, regardless of age or medical history.

The ability to be a donor is determined by medical professionals on a case-by-case basis at time of death.

Your commitment to donation will NOT interfere with your medical care.

The first priority of a medical professional is to save their patient's life. Only after death is declared is a separate medical team called in to facilitate the donation.

There is no extra burden on your family.

Your family will not have to pay for medical costs related to donation. Your body will be treated with respect and care. Being a donor will not impact funeral arrangements.

### WHY REGISTER?

There are over **103,000 patients** on the national organ transplant waiting list, each one reliant on the compassion and generosity of a registered donor.

Every **10 minutes** someone new is added to the waiting list.

Each day, **17 people die** waiting for an organ.

Registering as a donor indicates that after you die, you want to donate any viable organs or tissues which could save someone else's life or restore someone's vision or mobility.

### THERE ARE FOUR WAYS TO REGISTER

- Say "yes" to donation at the DMV.
- Request a paper form by calling 503-494-7888.
- Online at [GoRecycleYourself.com](http://GoRecycleYourself.com)
- In your iPhone's Health app.

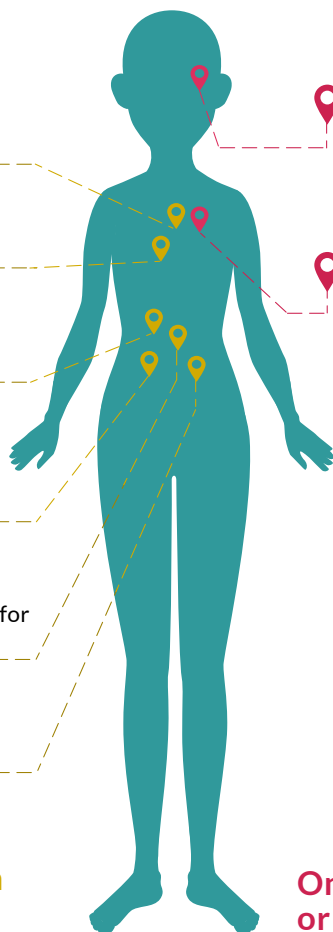
### WHAT ARE THE BENEFITS OF DONATION?

#### ORGANS

- Heart**  
Provides years of active living
- Lungs**  
Allow unaided breathing
- Liver**  
Restores life
- Kidneys**  
Save patients from dialysis and early death
- Pancreas**  
Eliminates insulin dependency for diabetics
- Instestines**  
Aid digestion

#### TISSUES

- Corneas**  
Regain sight
- Tendons**  
Rebuild joints
- Valves**  
Repair cardiac defects
- Veins**  
Re-establish circulation
- Skin**  
Heals burn patients
- Bones**  
Restore mobility after major injuries
- Nerves**  
Restore sensation and function
- Cartilage**  
Reconstruct facial features (jaw, nose, ears) often related to trauma



One organ donor can save up to 8 lives.

One tissue donor can save or enhance over 125 lives.

### WHAT ABOUT LIVING DONATION?

You can donate blood, bone marrow, a small portion of your liver or lung, and one kidney while still alive! Living kidney donation can save two lives: the recipient's life and a person on the waiting list who otherwise would not have received a kidney from a deceased donor.

LEARN MORE AT [GoRecycleYourself.com](http://GoRecycleYourself.com)

### REGISTER TODAY!

In Oregon:

At age 13 or older, sign up at:  
[DonateLifeNW.org](http://DonateLifeNW.org)

In Washington:

At age 15 1/2 or older, sign up at:  
[LCNW.org](http://LCNW.org)