



# Recycle Yourself

Save lives through organ, eye,  
and tissue donation!



**GO**RECYCLE**YOURSELF.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.*





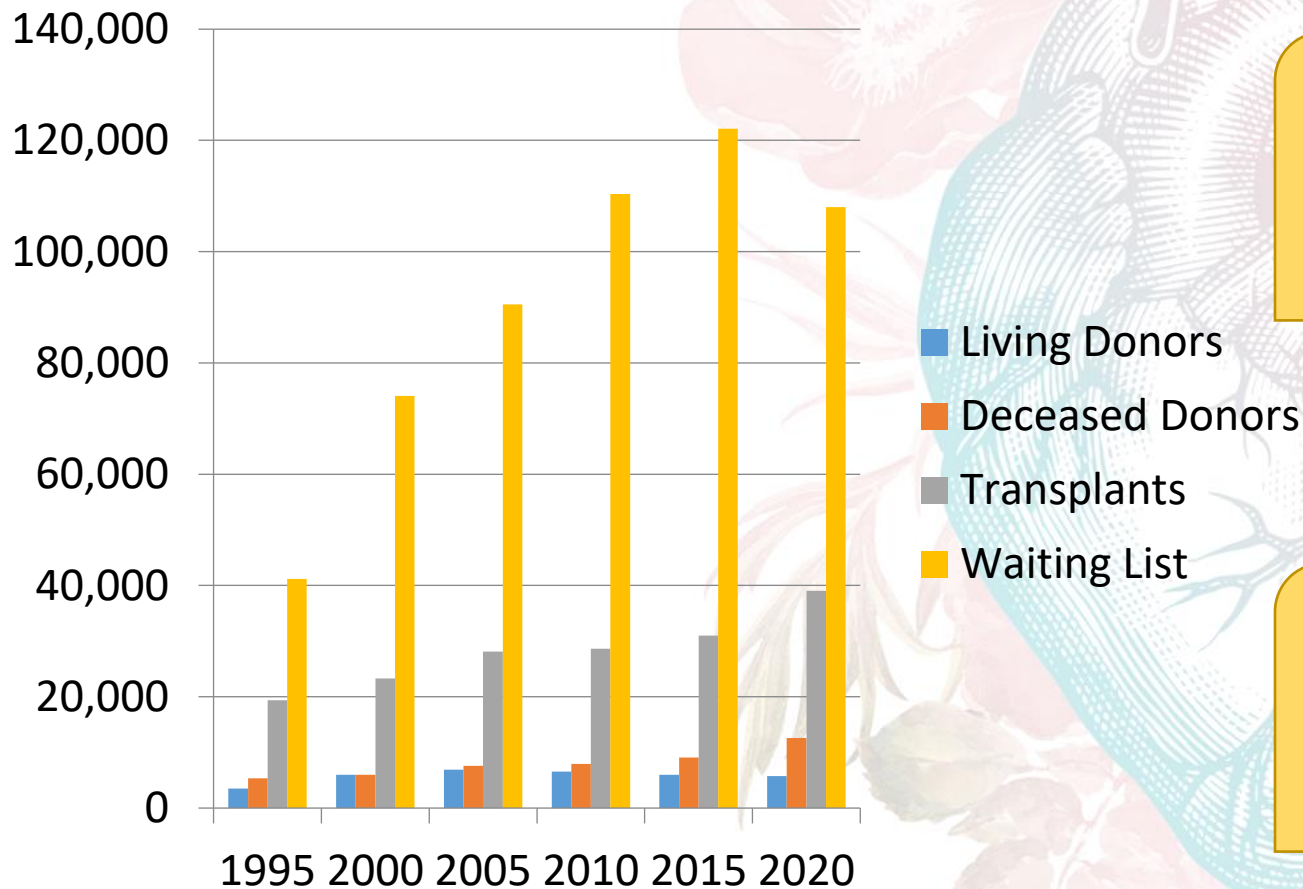
# Why **Don't** People Register?

## 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



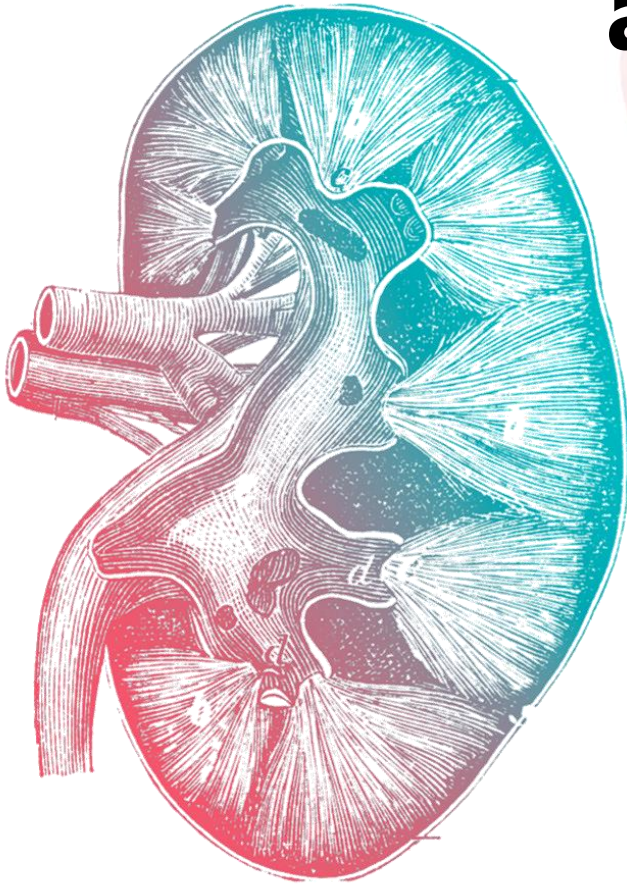
# The Need for Organ Donors



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

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

# 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\*

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?

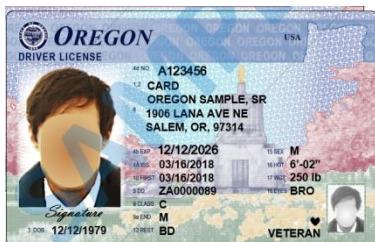
1. Doctors refer sick patient to a transplant center.
2. A committee of doctors, surgeons, and hospital staff decide whether a patient is a candidate for transplant.
3. A transplant candidate is added to the national waiting list.
4. People stay on the national waiting list for days, months, or even years.



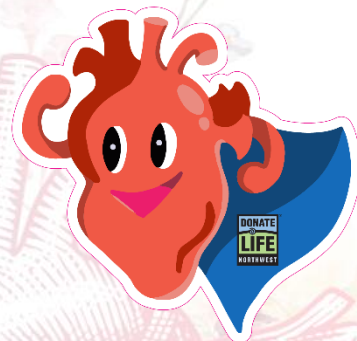
## The Waiting List



## Alysia's Story



# Local Heroes



Over 3 million Oregonians are registered donors

≈ 44,000 Oregonians died in 2023

1,584 cornea donors = 1,613 corneal transplants

689 tissue donors ≈ 86,125 tissue transplants

190 organ donors = 827 organ transplants





A detailed anatomical illustration of a human kidney, colored in shades of blue and green, is centered in the background. It is surrounded by soft, painterly floral elements in pink, red, and yellow, with green leaves at the bottom. The entire scene is set against a white background with a pink border.

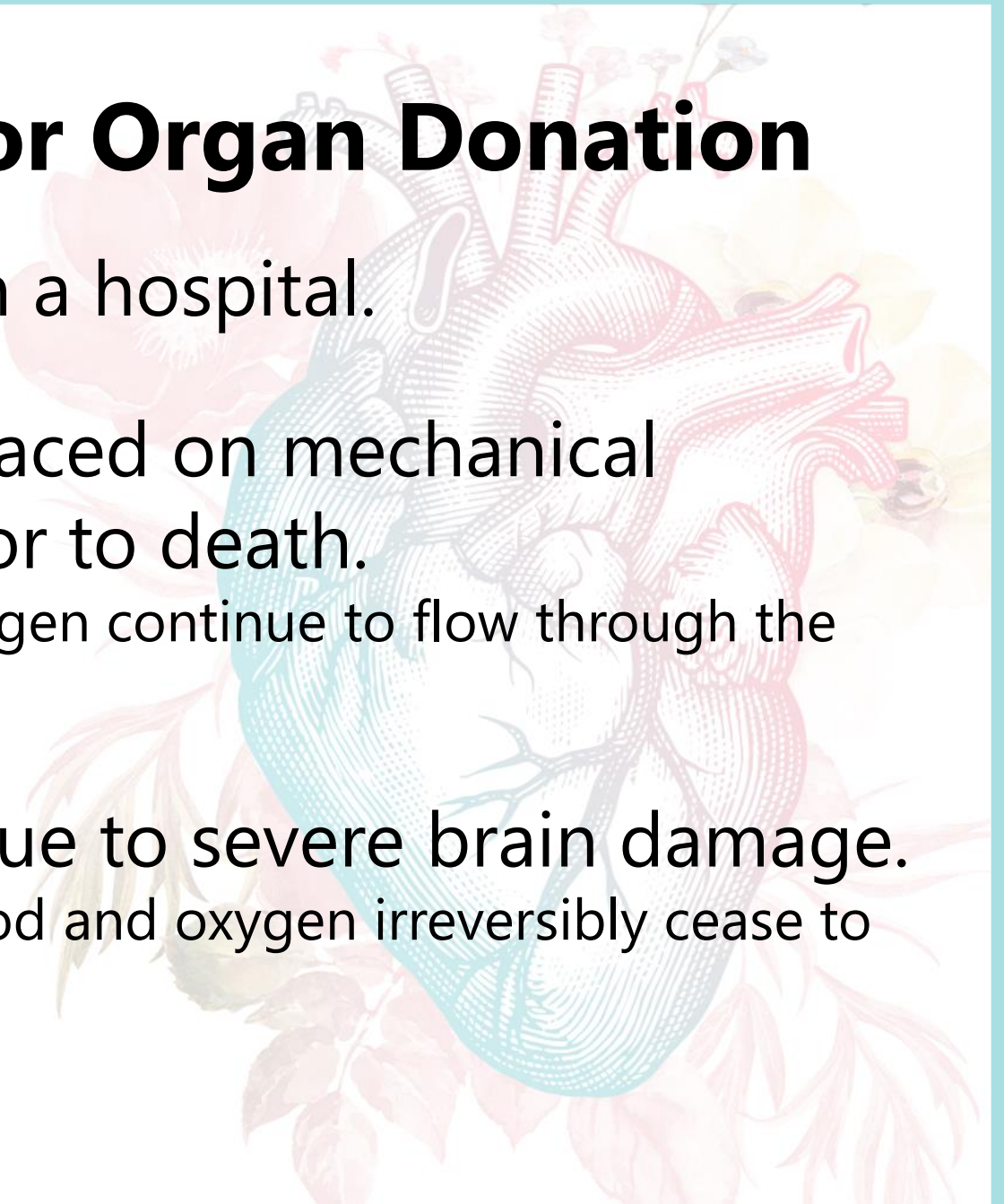
# True or False:

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

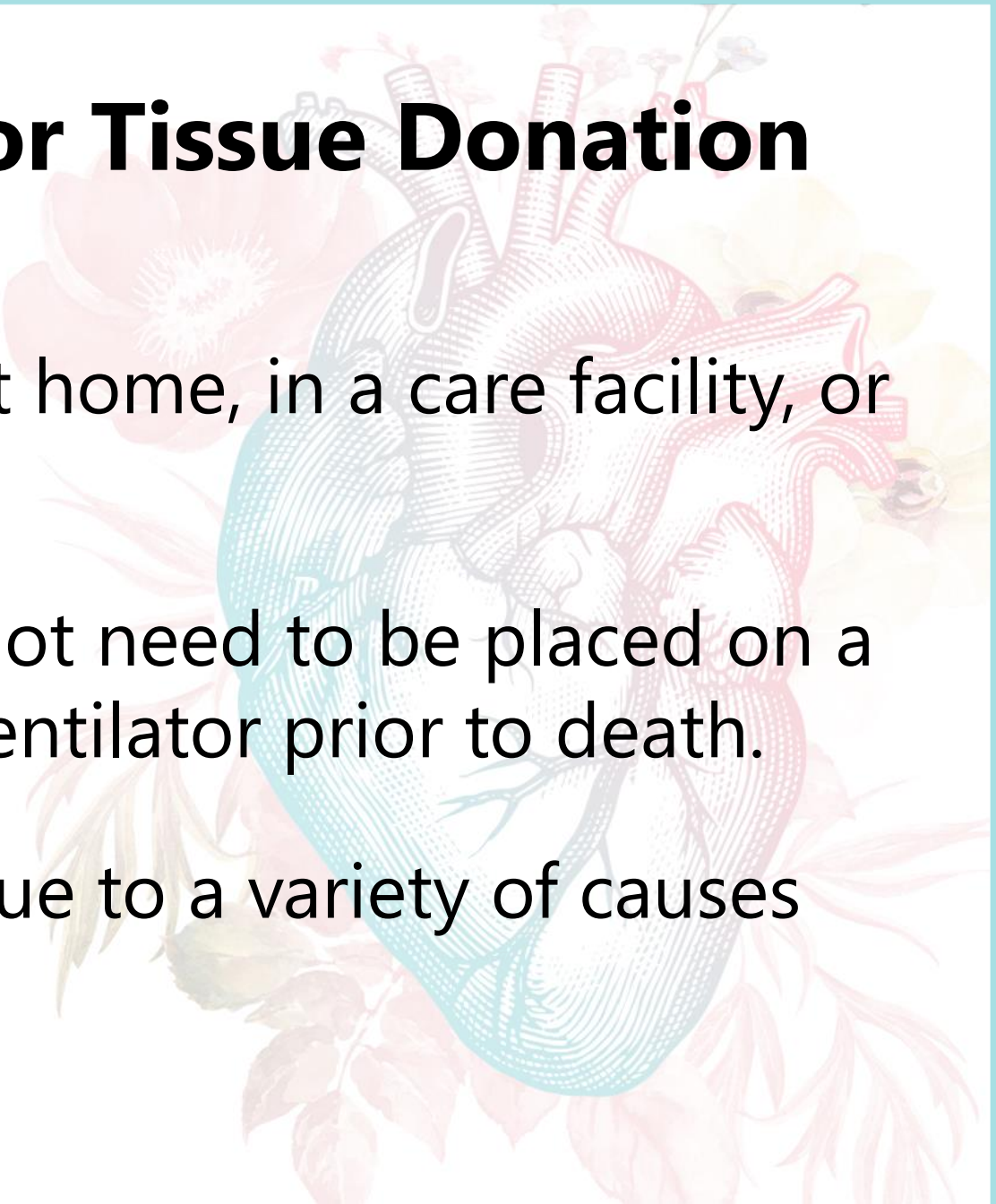
- Donor died in a hospital.
- Donor was placed on mechanical ventilator prior to death.
  - Blood and oxygen continue to flow through the vital organs.
- Donor died due to severe brain damage.
  - Electricity, blood and oxygen irreversibly cease to flow.





# Criteria for Tissue Donation

- 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...

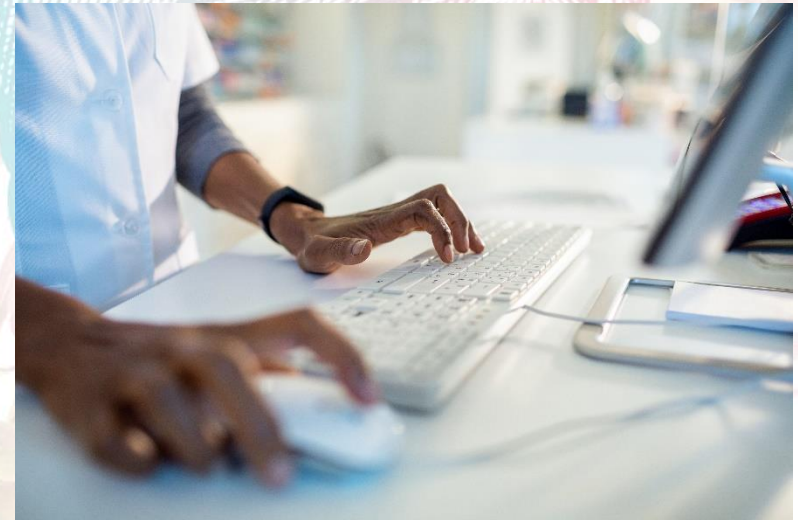
- A separate team comes in
- The registry is checked
- The family is approached
  - If under 18, the family will be asked to authorize donation
- TALK TO YOUR FAMILY TODAY!



# 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

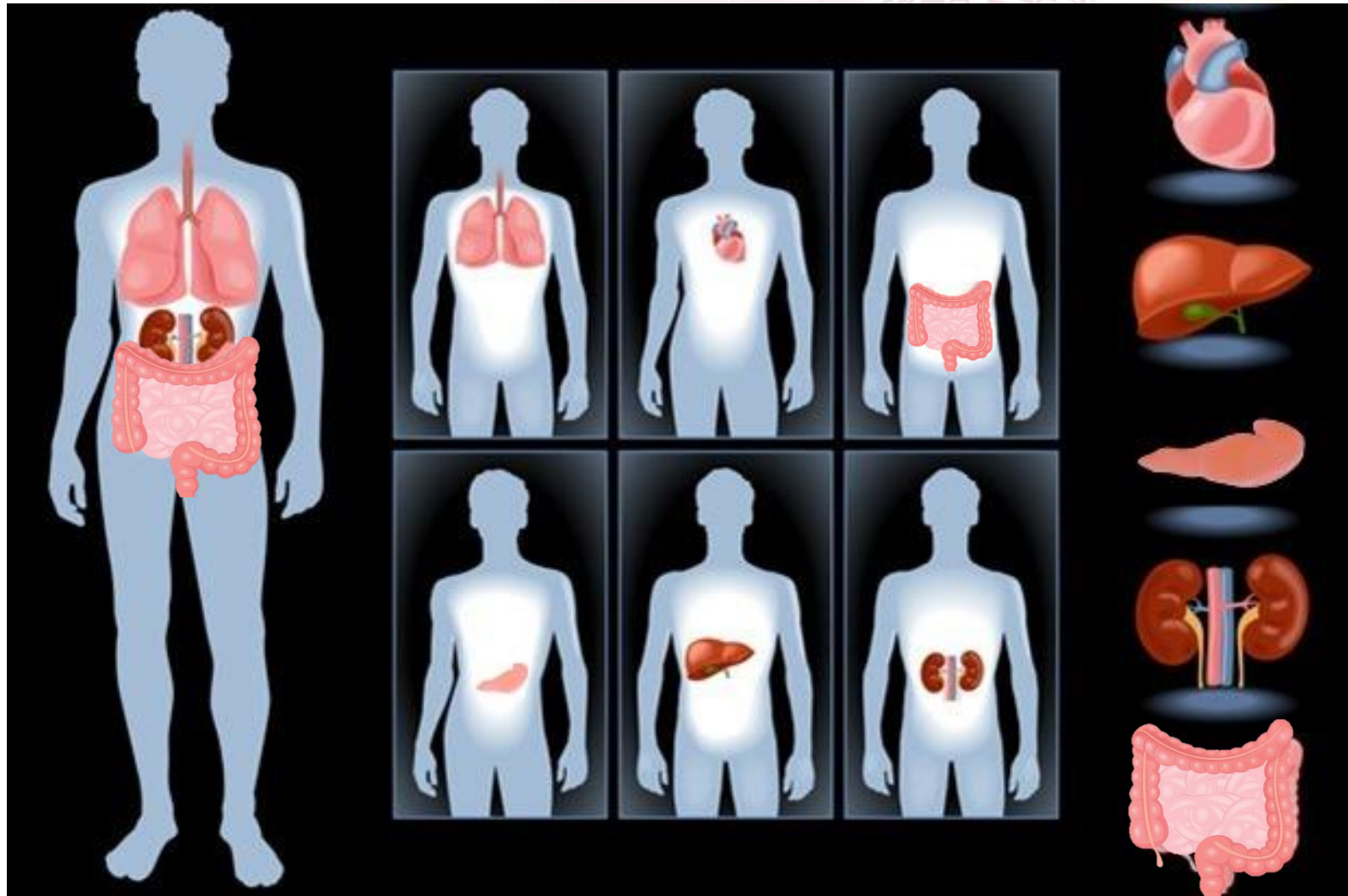
# Organ & Tissue Recovery

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



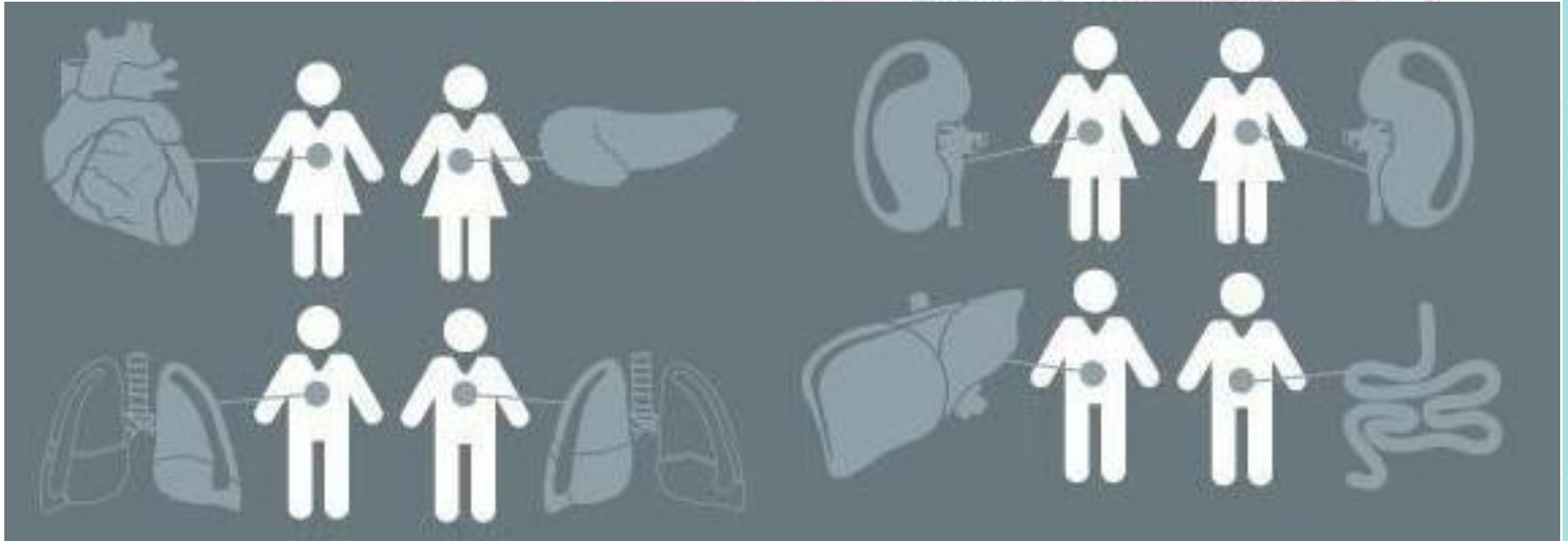
- There are no costs to the family for the donation process.
- Being an organ or tissue donor does not interfere with funeral arrangements.

# Which Organs Can be Donated?





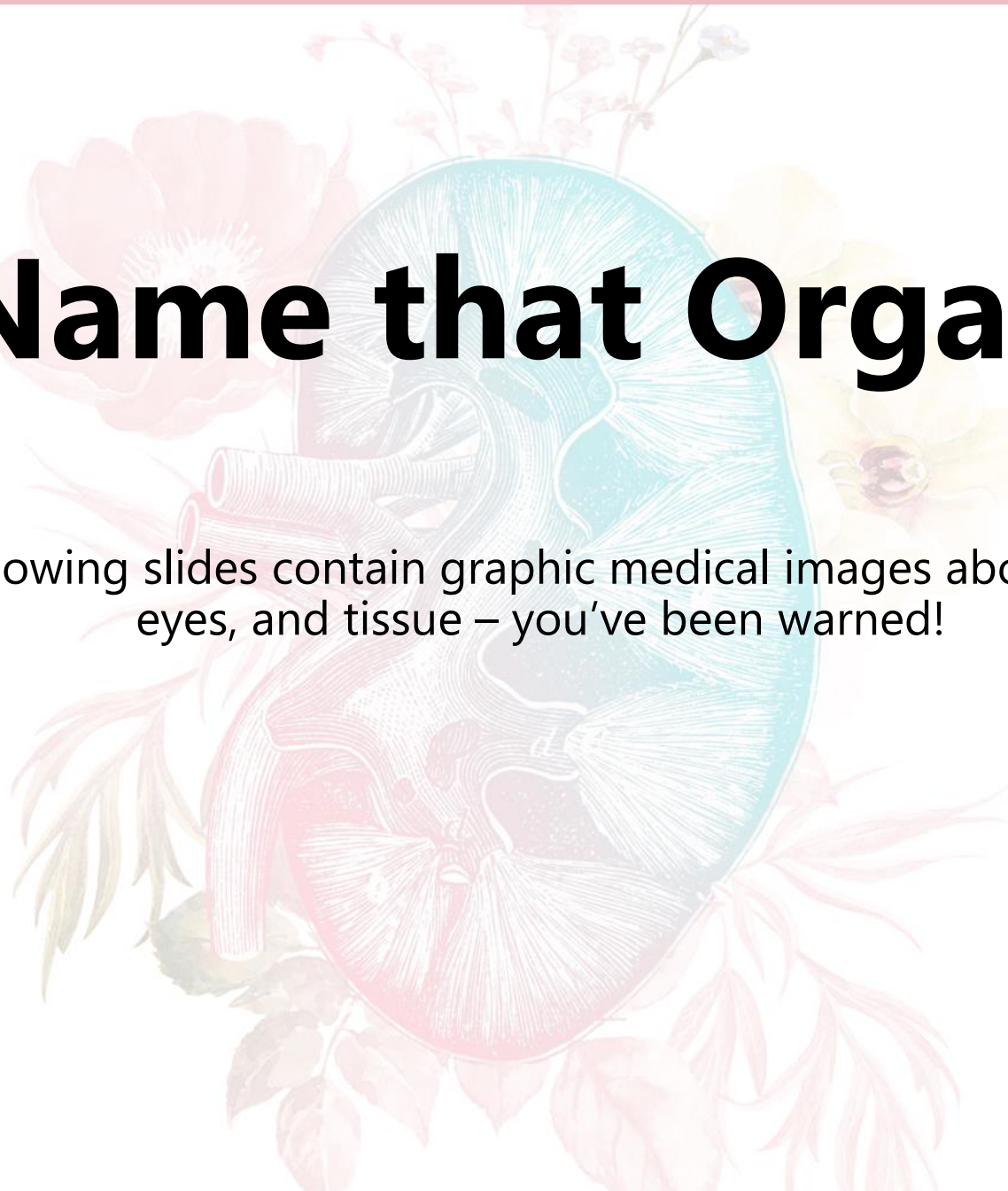
# One organ donor



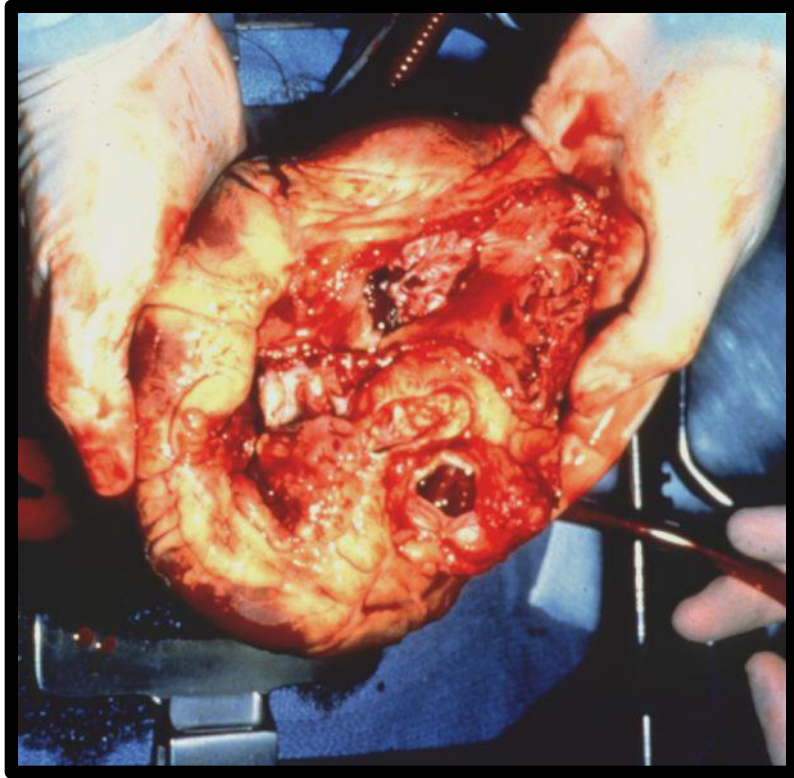
**can save up to 8 lives**

# Name that Organ!

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

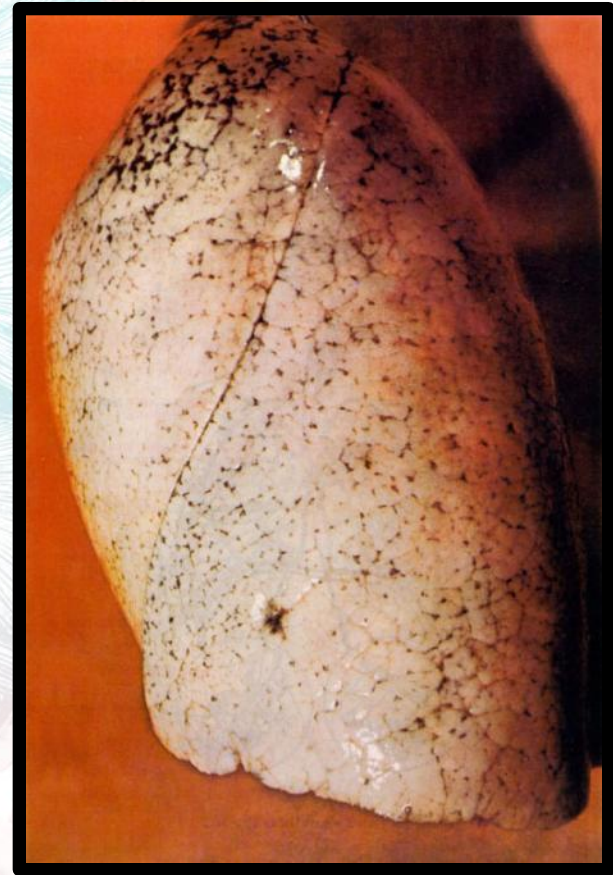


# Diseased / Healthy

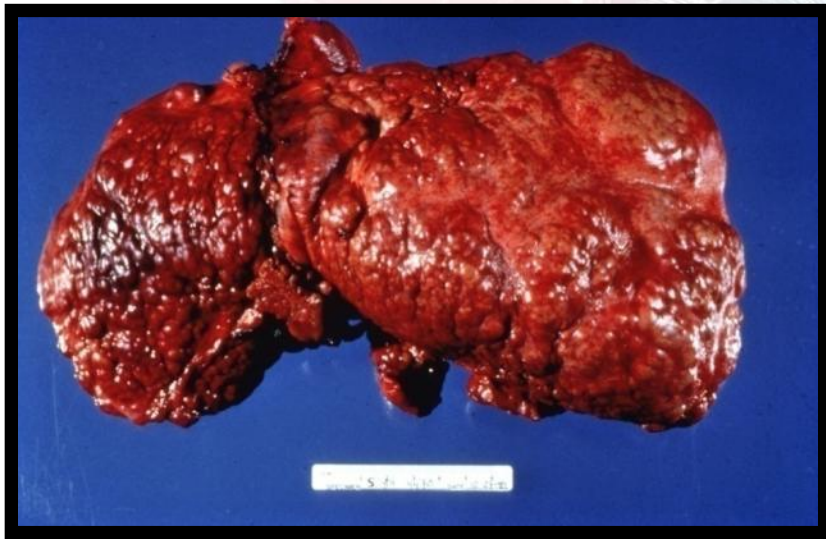




# Diseased / Healthy

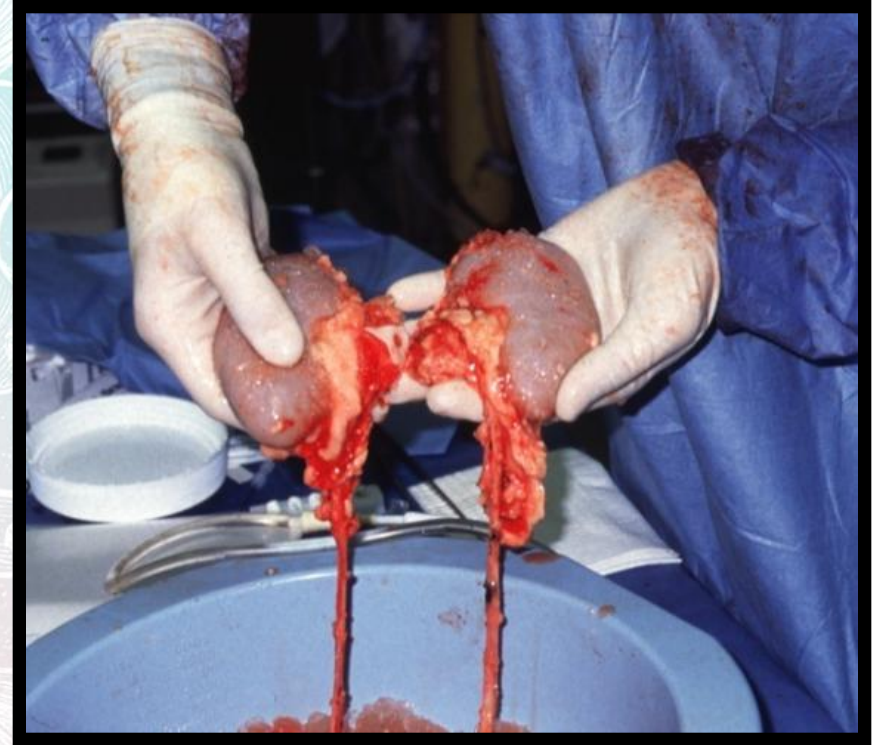
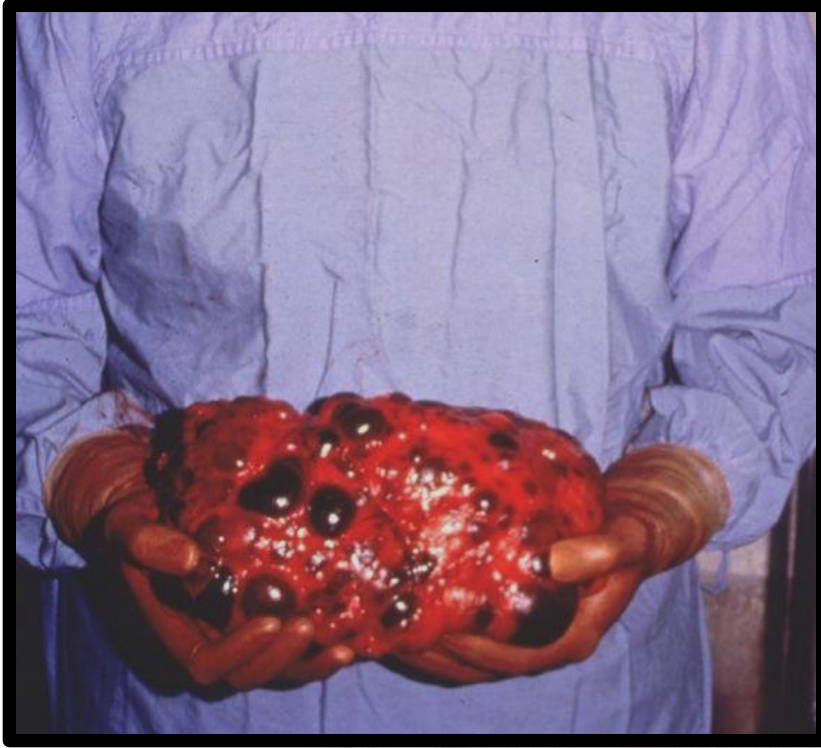


# Diseased / Healthy



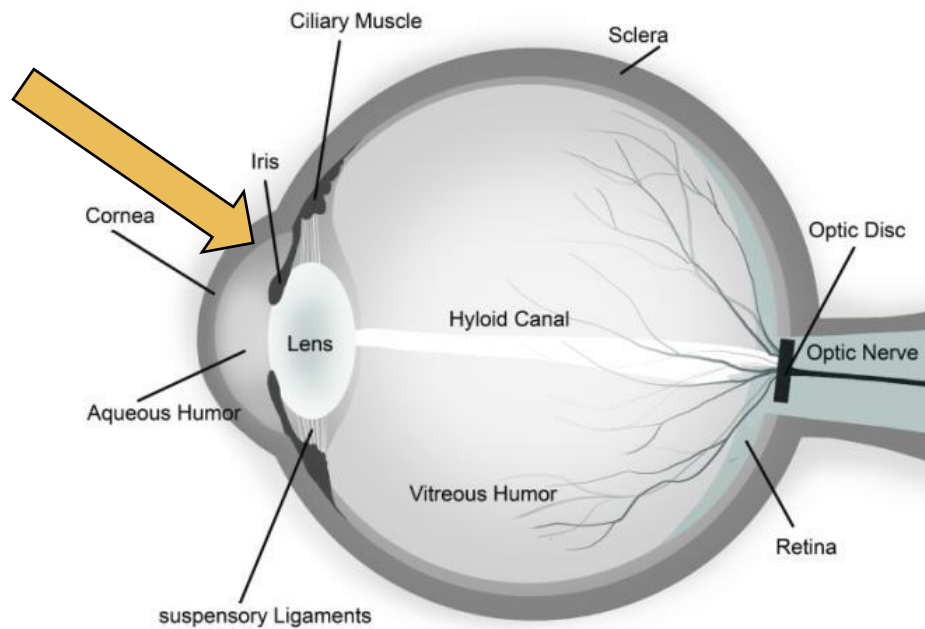


# Diseased / Healthy





# What is a Cornea?

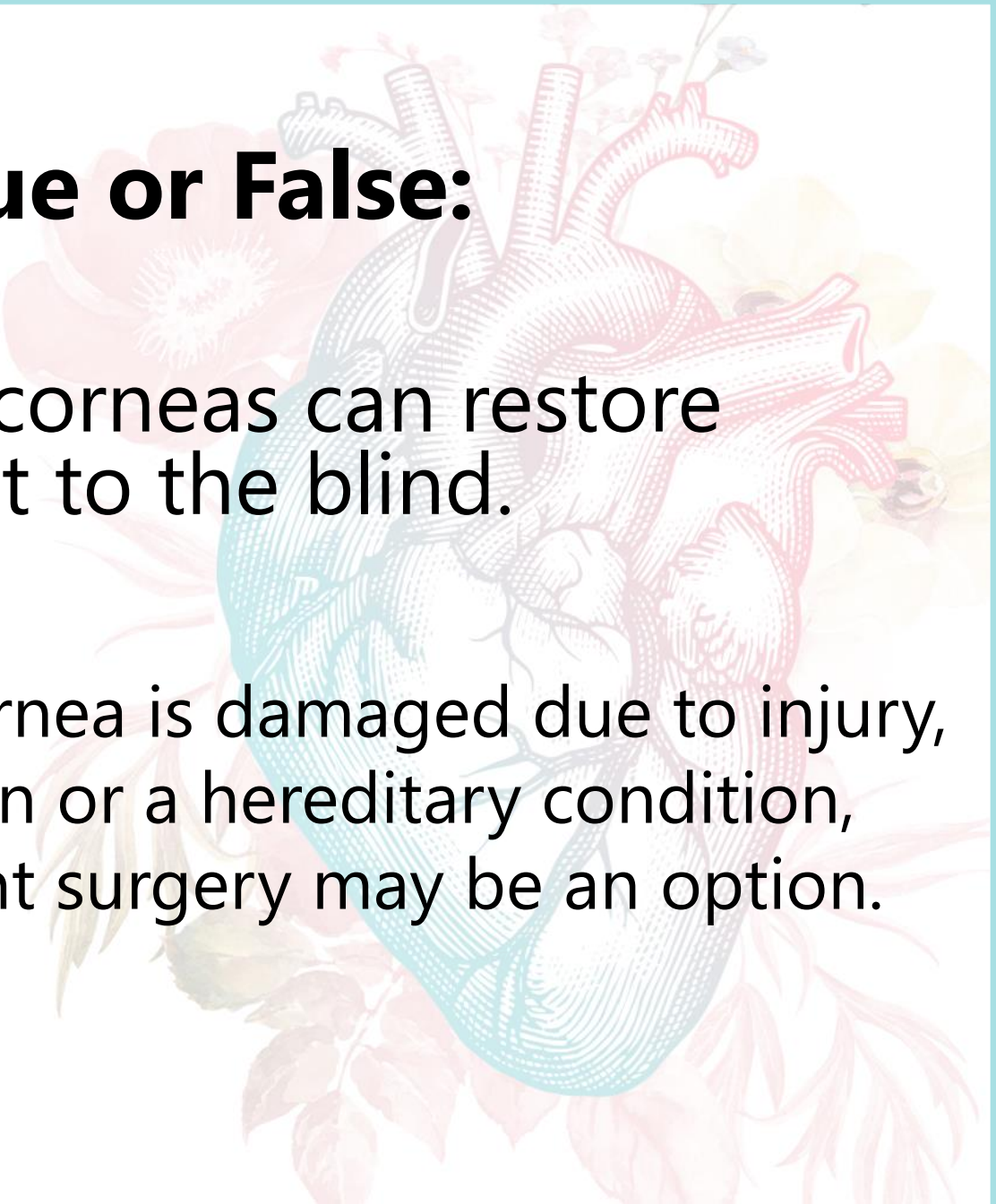


[John's Story](#)

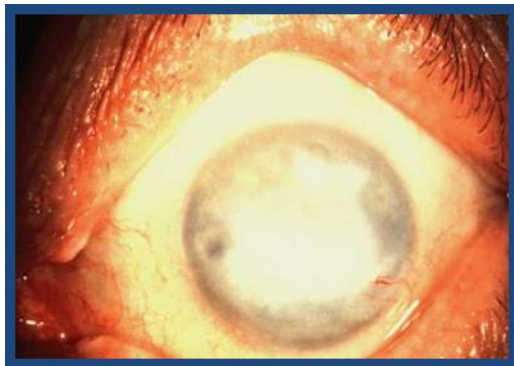
## True or False:

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.



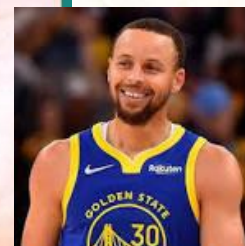
When the cornea is damaged due to injury, disease, infection or a hereditary condition, corneal transplant surgery may be an option.



*chemical burn*



*Keratoconus*

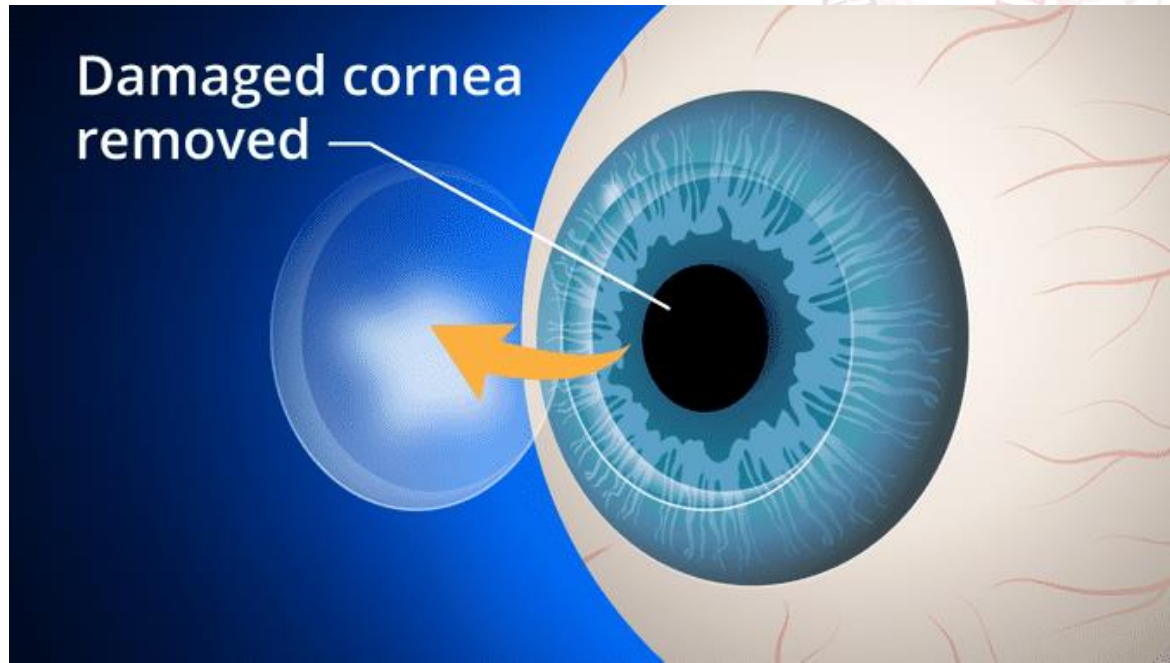


Vision with Fuchs Dystrophy,  
untreated and post-transplant  
Vision in the same patient.

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



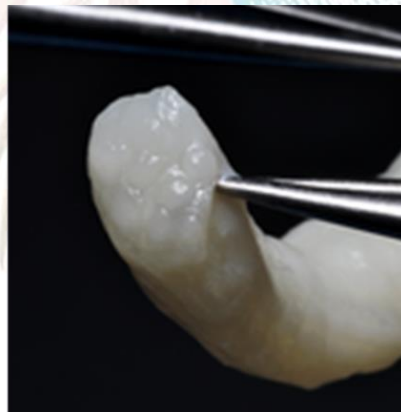
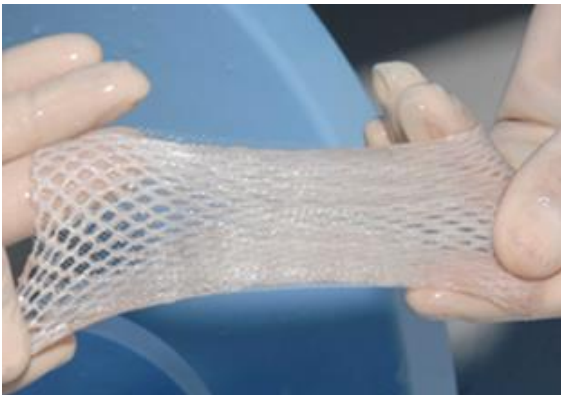
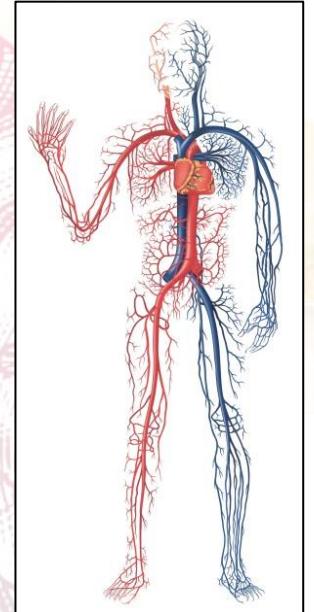




Research on glaucoma, retinal disease and eye complications of diabetes relies on human eye donations—leading to advanced treatments and cures.



# 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.



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



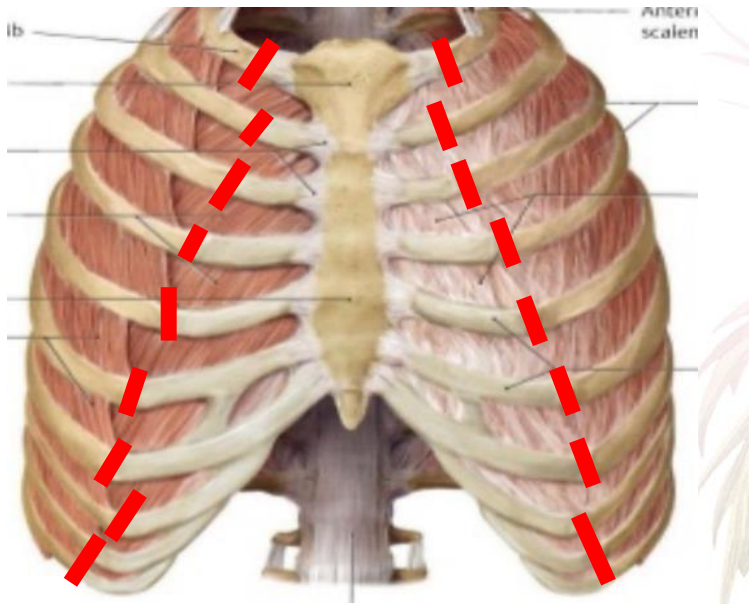
Graft is meshed so that it can stretch to cover a larger area



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.



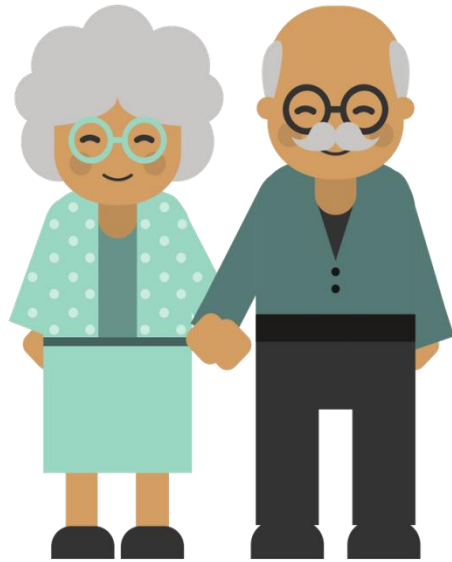
# One tissue and eye donor



**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

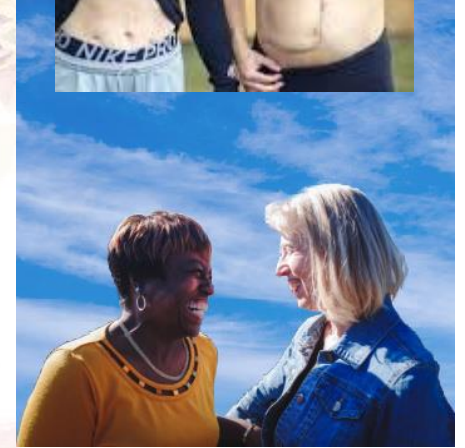
You can donate a kidney to save the life of anyone who matches your blood and tissue type – recipients don't have to be a blood relative!

- Paired and chain donation
- How safe is it for the donor?

- A portion of your liver

- Very small portion of lung called a lobe

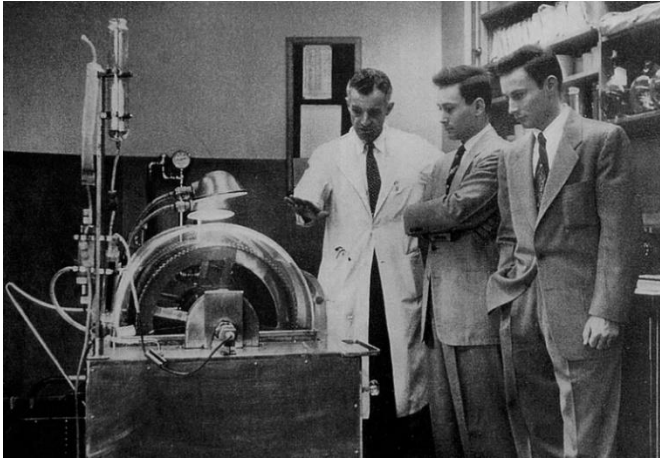
- Blood and bone marrow



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](http://www.sodanational.org).







☒ **YES** I'D LIKE ORGANS TO BE  
THERE IF I NEED THEM.

IF NOBODY GIVES, **NOBODY GETS.**



# Learn more and register...

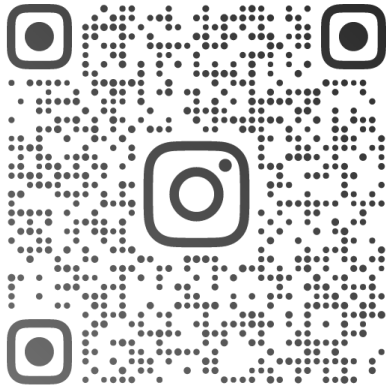
## GO RECYCLE YOURSELF.COM



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



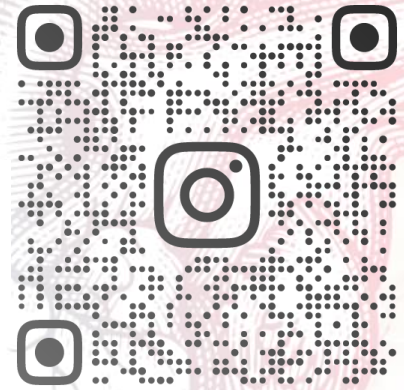
[www.DoneVidaNW.org](http://www.DoneVidaNW.org)  
(en español)



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