



Recycle Yourself

Save lives through organ, eye,
and tissue donation!



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" 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.*



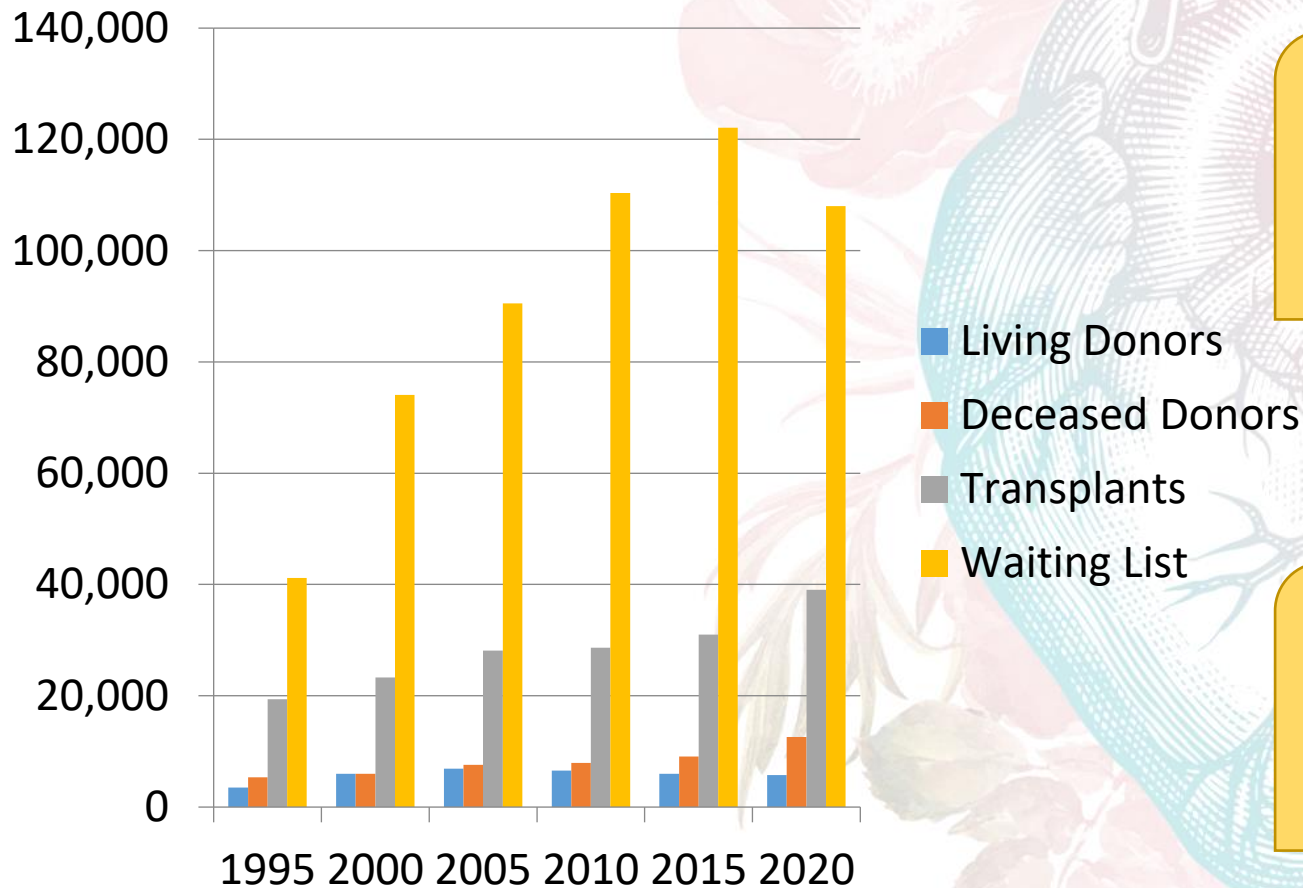
Why Don't People Register?

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



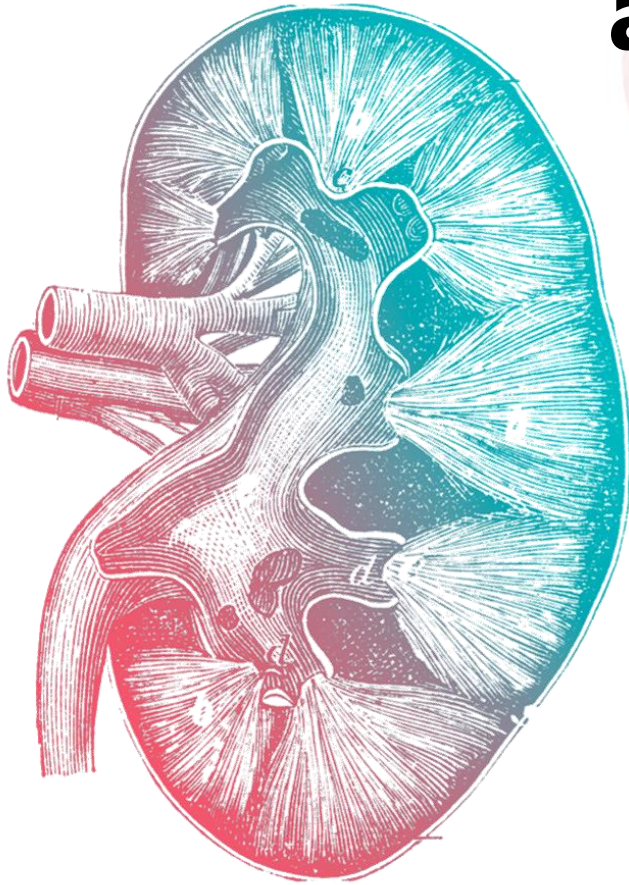
The Need for Organ Donors



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

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

86% 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.



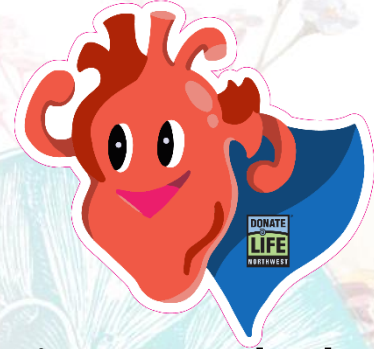
[The Waiting List](#)



[Alysia's Story](#)



Local Heroes



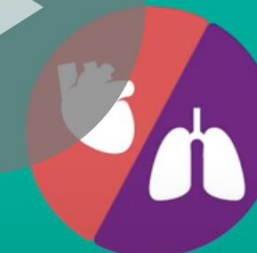
≈ 6.2 million Washingtonians are registered donors

≈ 66,000 Washingtonians died in 2024

3,438 cornea donors = 4,322 corneal transplants

421 tissue donors = 52,625 tissue transplants

325 organ donors = 843 organ transplants



UNOSSM
UNITED NETWORK FOR ORGAN SHARING

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

An anatomical illustration of a human heart, rendered in a light blue and pink color scheme. The heart is shown with its major blood vessels, including the aorta and pulmonary artery. The illustration is overlaid on a background of soft, stylized flowers in shades of pink and yellow, with green leaves at the bottom. The overall aesthetic is clean and medical.

- 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!**



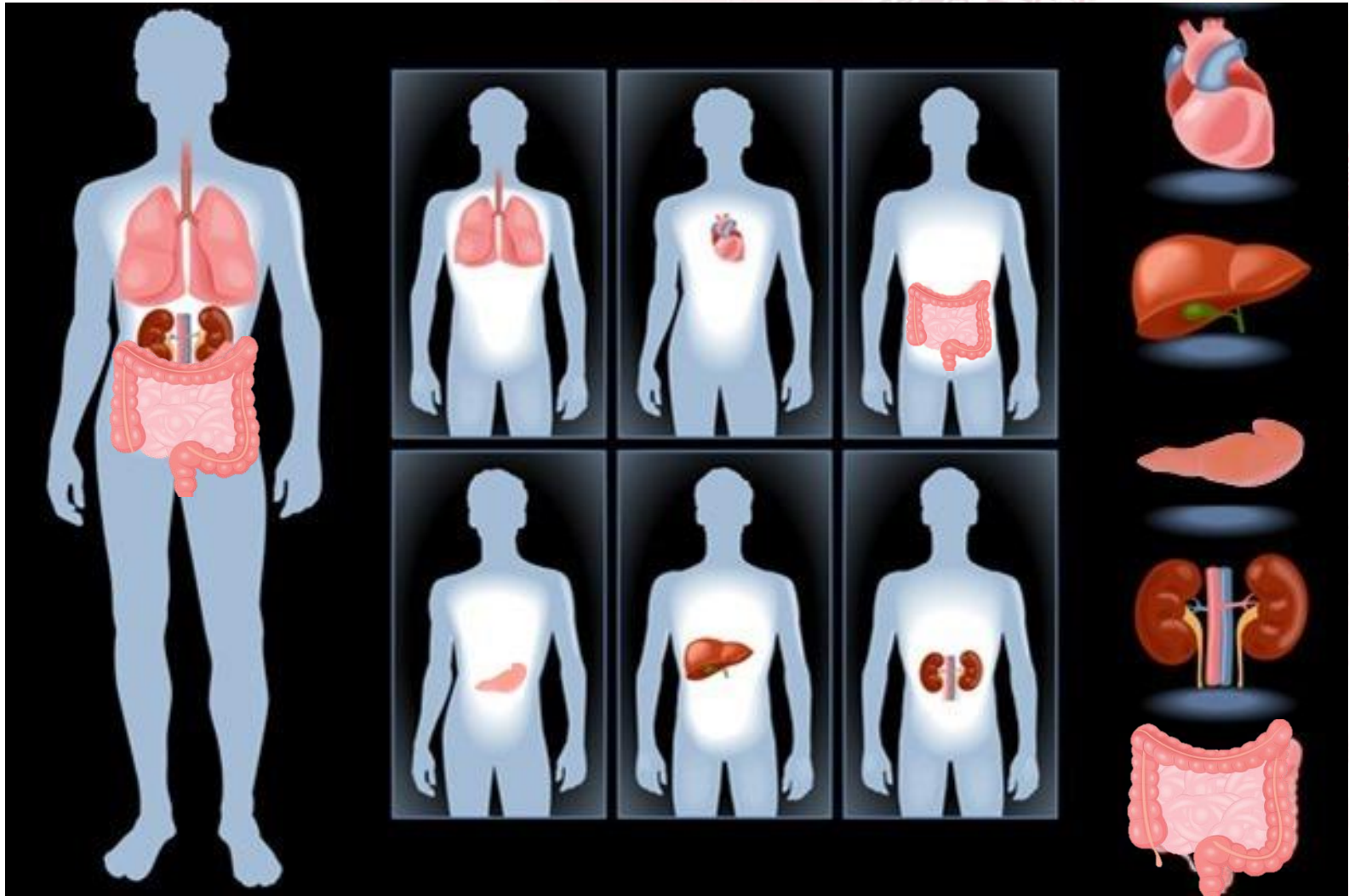
Organ & Tissue Recovery

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

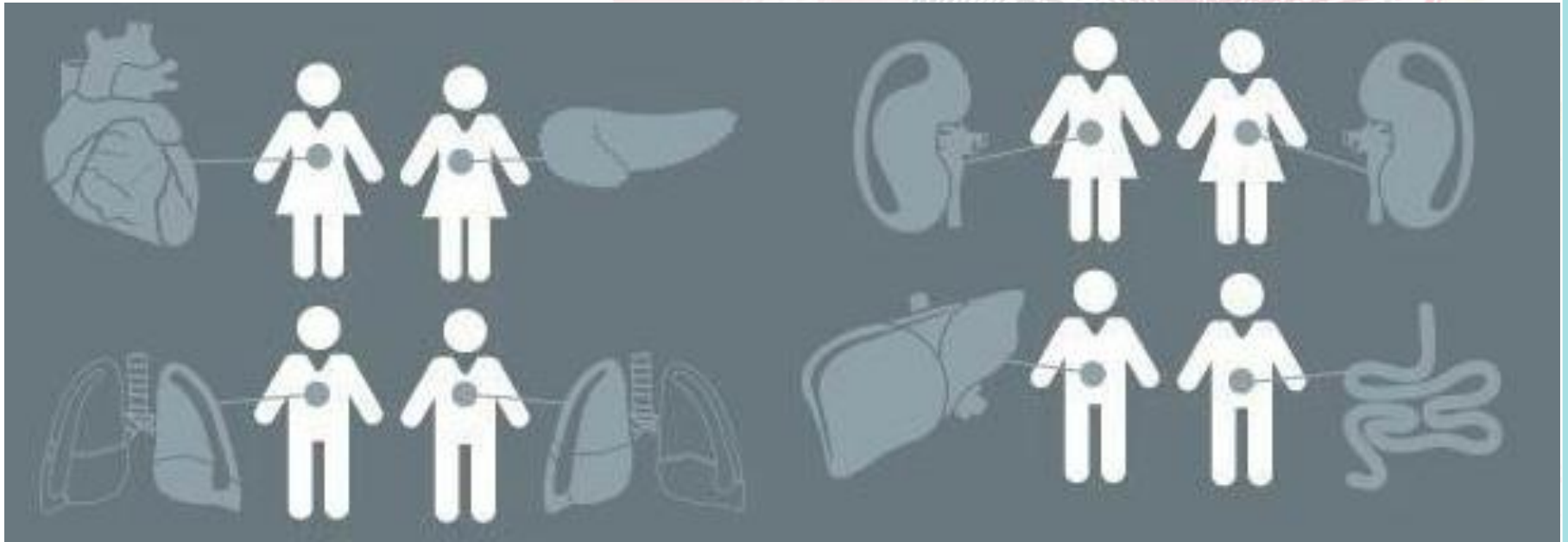


- There are no costs to the family for the donation process.
- Being an organ or tissue donor does not interfere with funeral arrangements.

Which Organs Can be Donated?

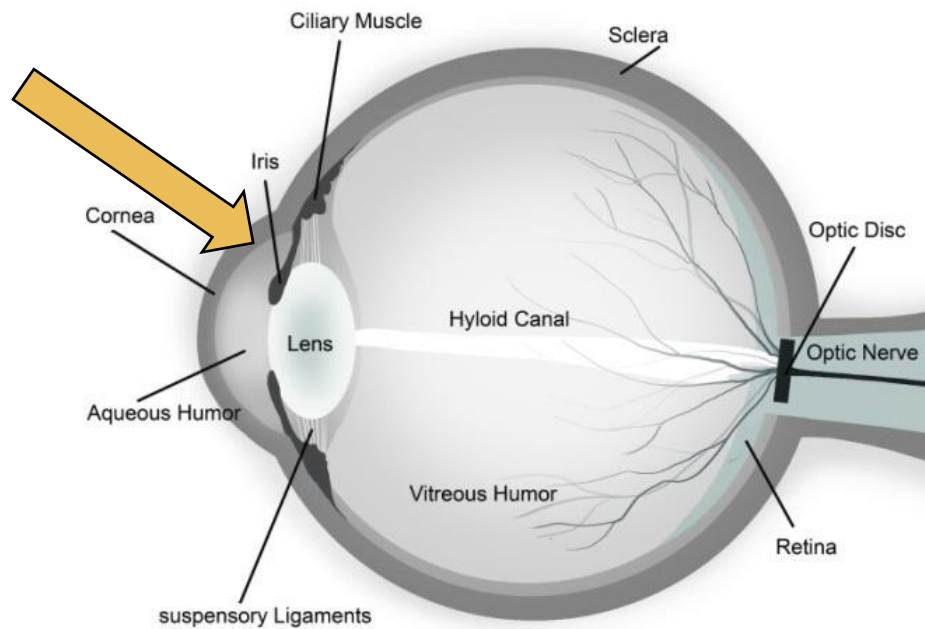


One organ donor



can save up to 8 lives

What is a Cornea?

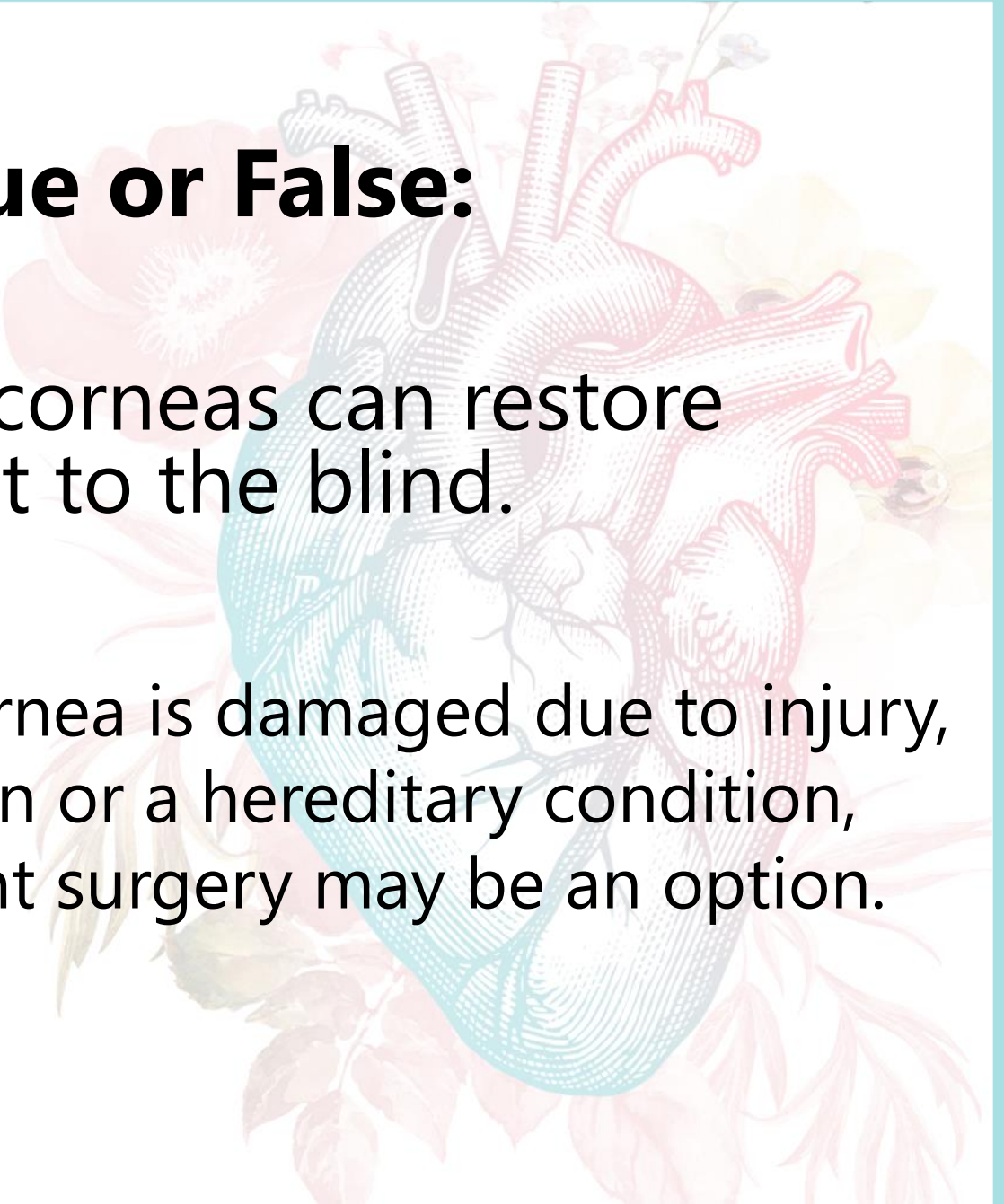


[John's Story](#)

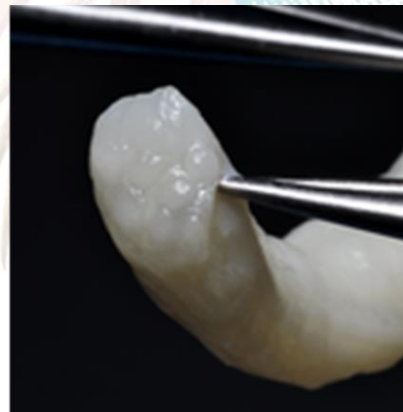
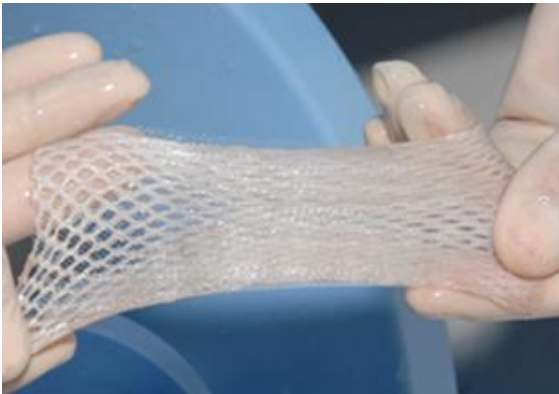
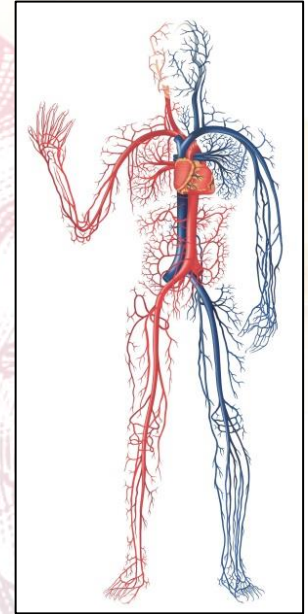
True or False:

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, 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.

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...

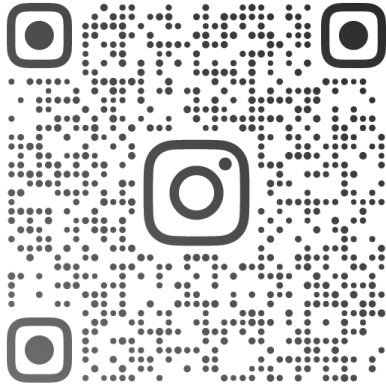
GO RECYCLE YOURSELF.COM



www.DonateLifeNW.org



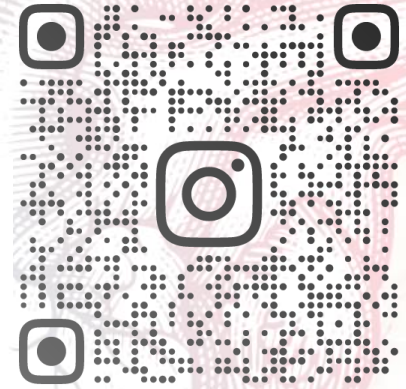
www.DoneVidaNW.org
(en español)



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