



# Recycle Yourself

Save lives through organ, eye,  
and tissue donation!

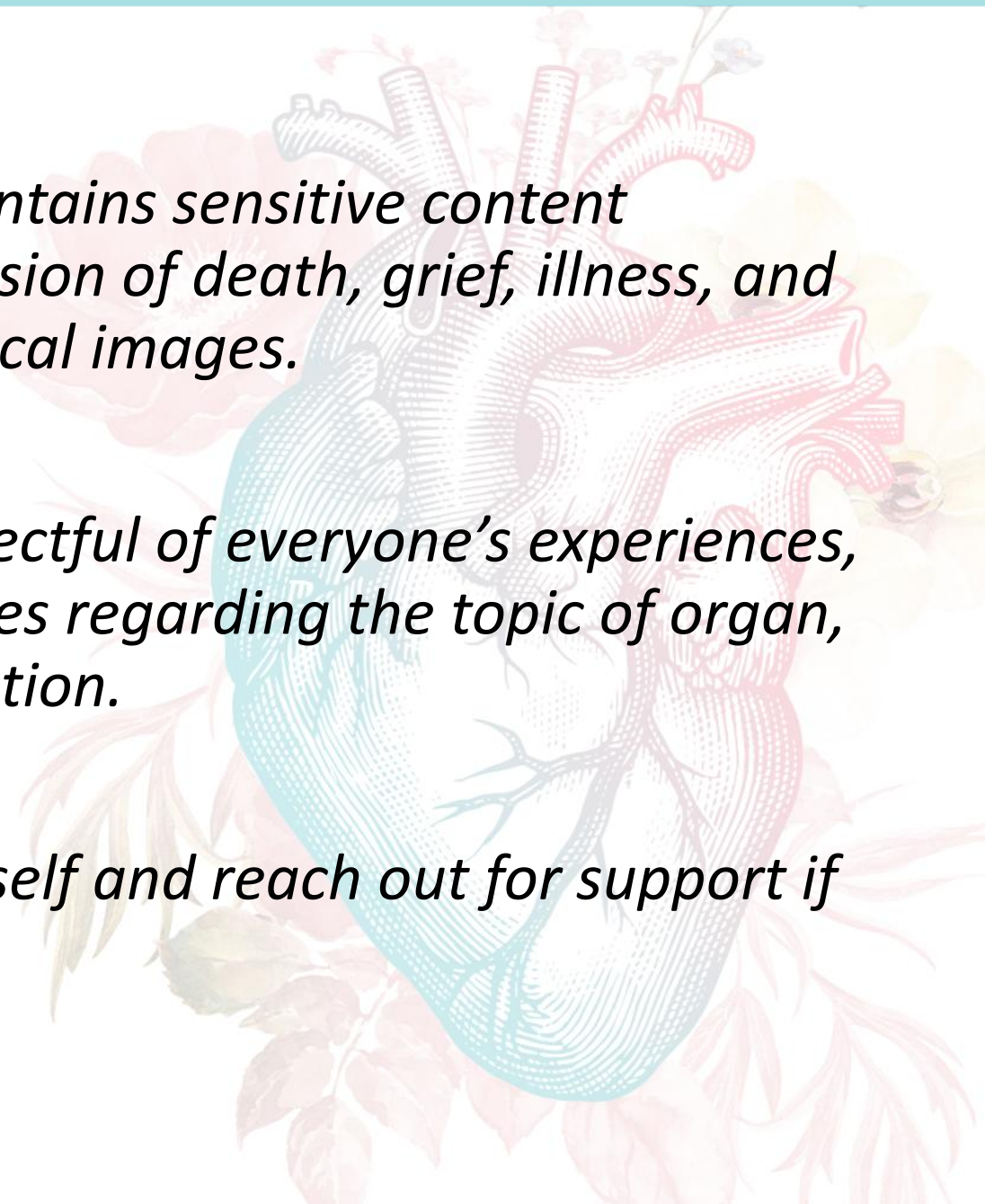


[GORECYCLEYOURSELF.COM](http://GORECYCLEYOURSELF.COM)

*This presentation contains sensitive content regarding the discussion of death, grief, illness, and the showing of medical images.*

*Be mindful and respectful of everyone's experiences, feelings, and attitudes regarding the topic of organ, eye, and tissue donation.*

*Please care for yourself and reach out for support if needed.*





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.*



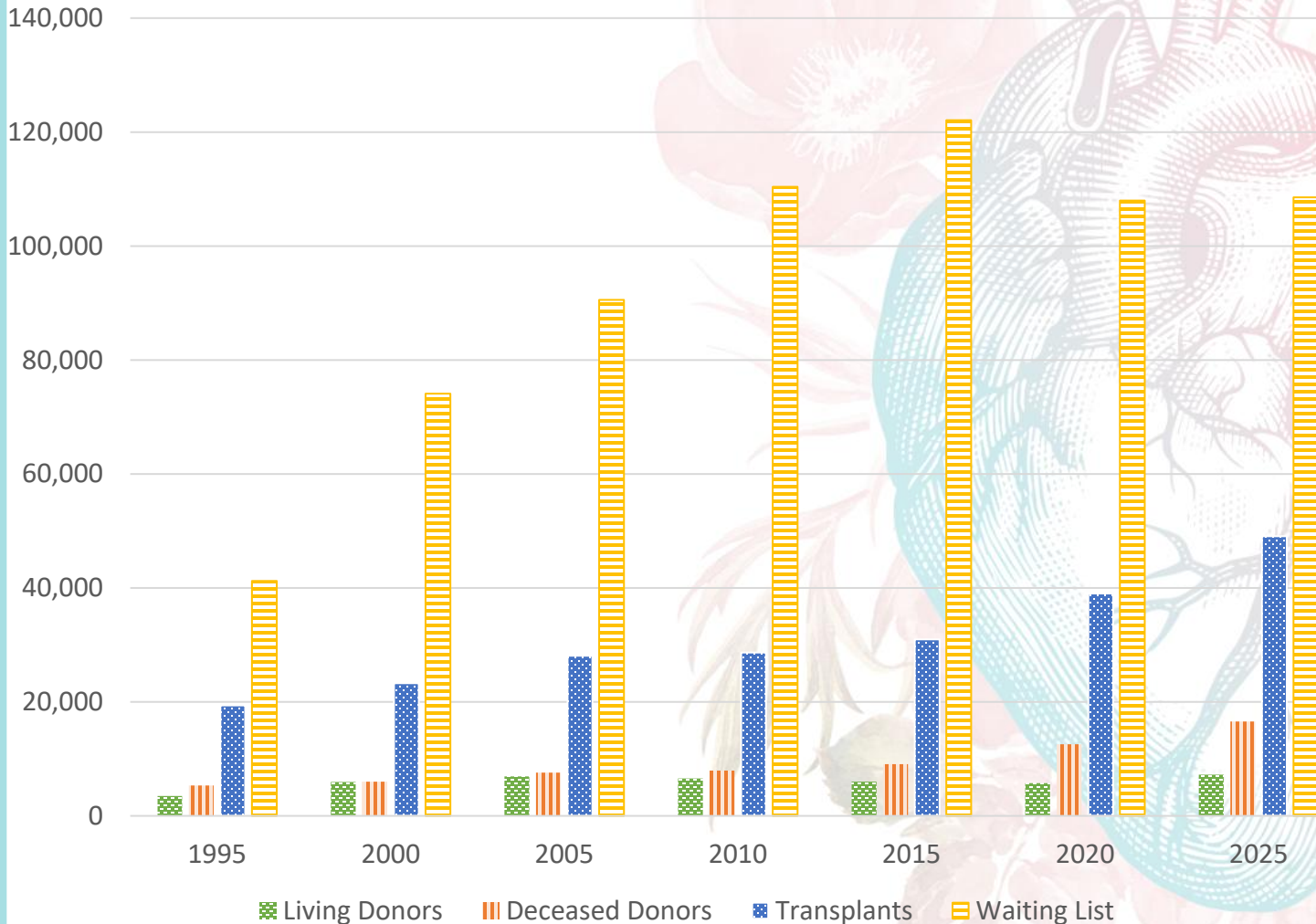
# Why Don't People Register?

## 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



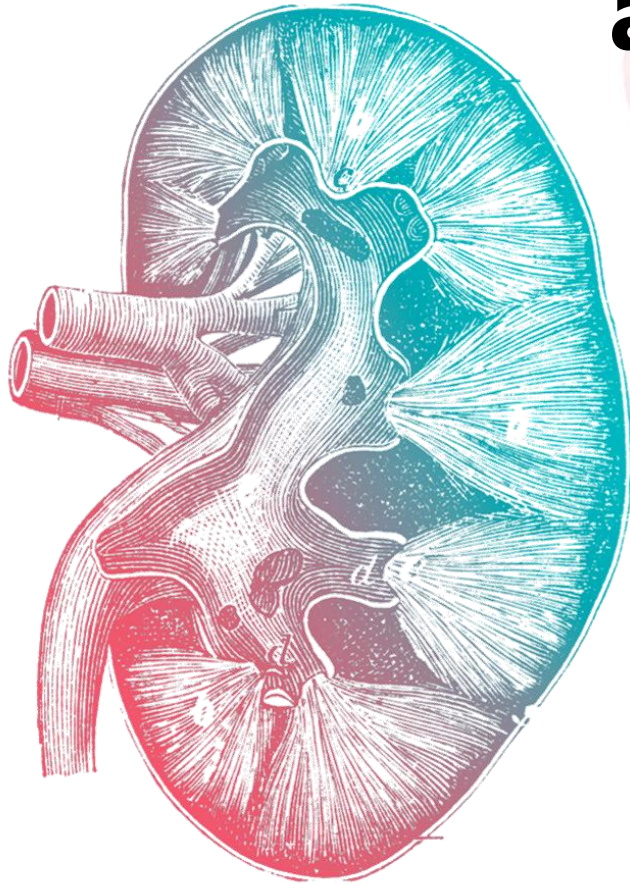
# The Need for Organ Donors



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

On average, **13 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?

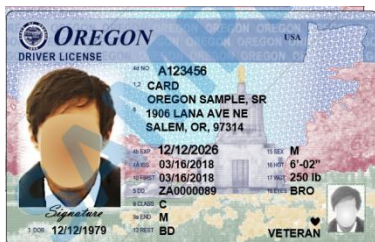
1. Doctors refer sick patient to a transplant center.
2. A committee of doctors, surgeons, and hospital staff decide whether a patient is a candidate for transplant.
3. A transplant candidate is added to the national waiting list.
4. People stay on the national waiting list for days, months, or even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



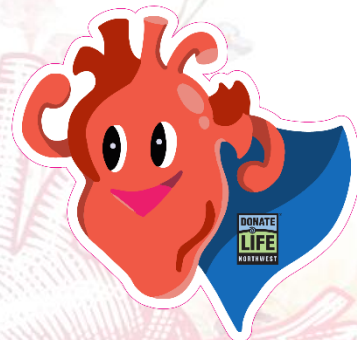
## [The Waiting List](#)



## [Alysia's Story](#)



# Local Heroes



Over 3 million Oregonians have registered as donors

≈ 42,000 Oregonians died in 2025

1,811 cornea donors = 1,735 corneal transplants

735 tissue donors ≈ 108,786 tissue transplants

154 organ donors = 696 organ transplants



# 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 placed on mechanical ventilator prior to death.
  - Blood and oxygen continue to flow through the vital organs.
- Donor had a severe, irreversible brain injury, and one of two pathways occurs:
  - Donation after Brain Death (most common)
  - Donation after Circulatory Death (family approval required)

# 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.



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

# 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

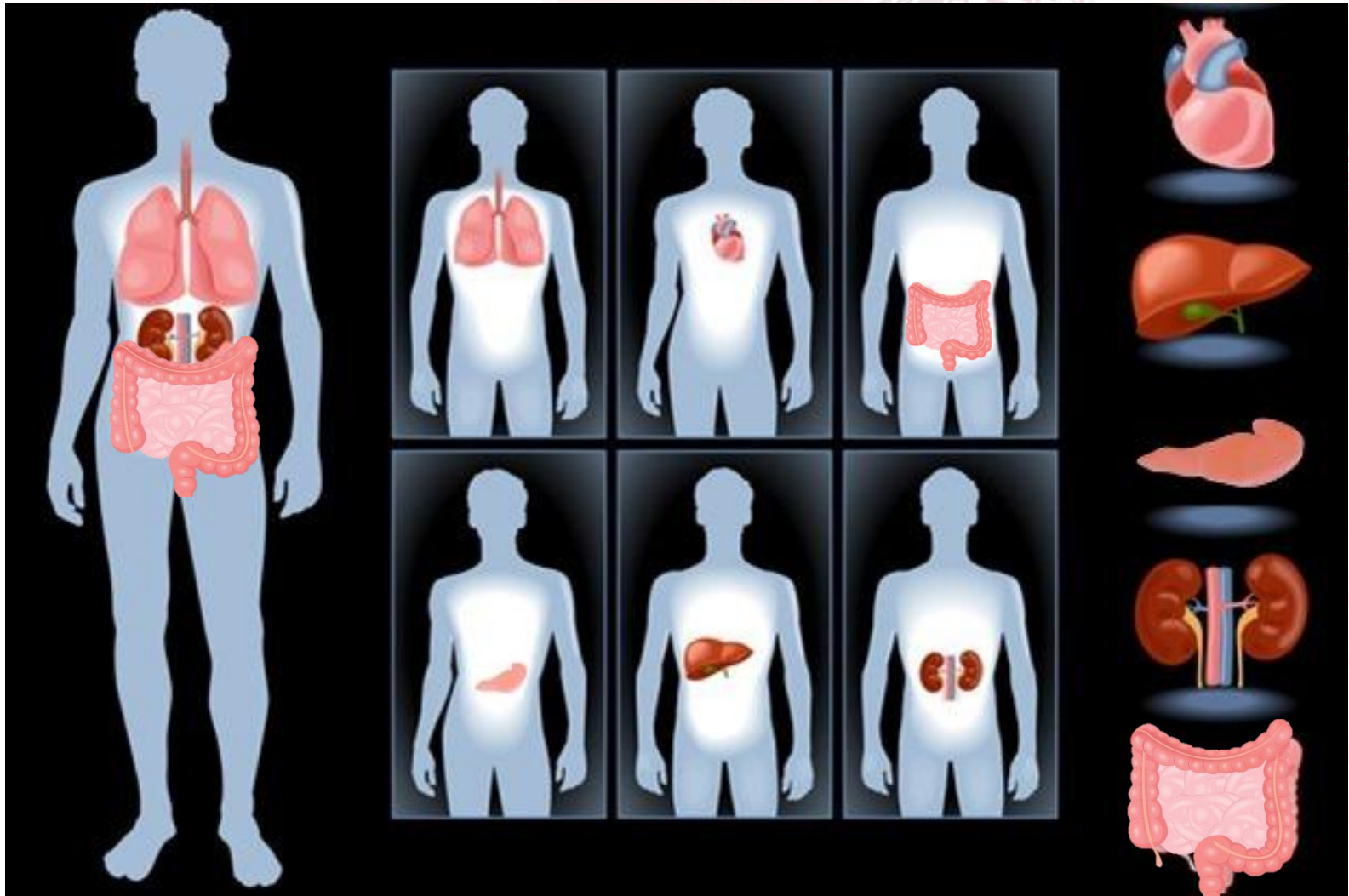
# Organ & Tissue Recovery

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

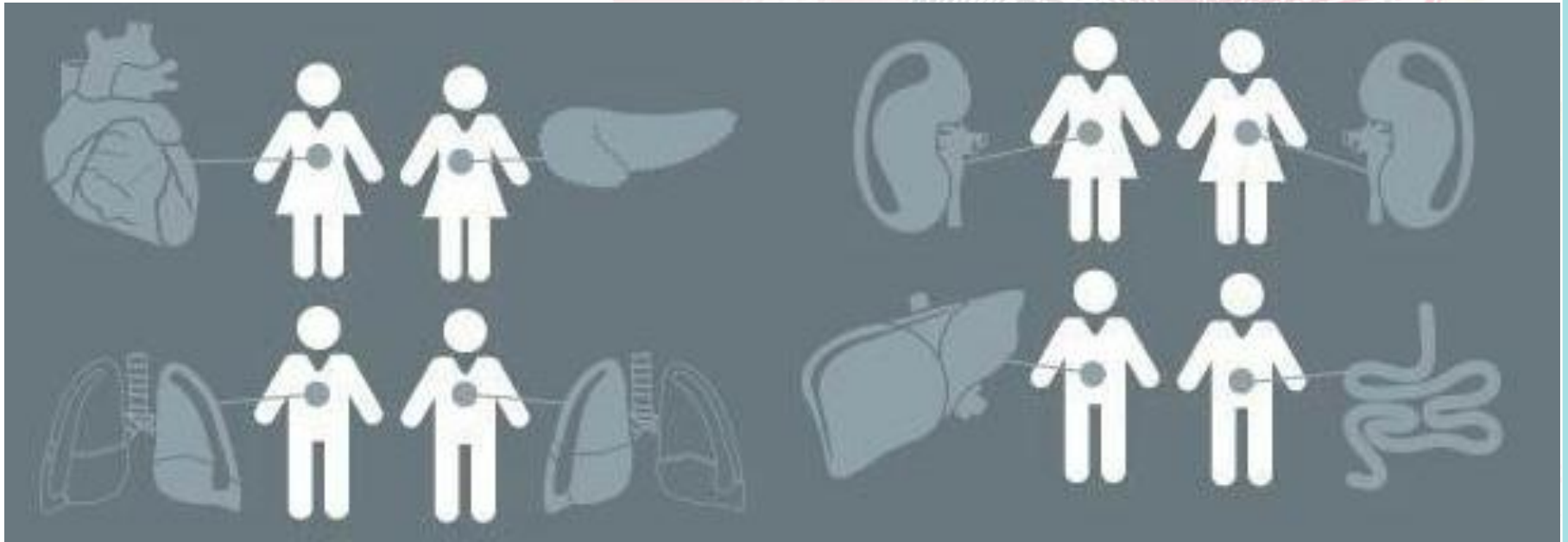


- There are no costs to the family for the donation process.
- Being an organ or tissue donor does not interfere with funeral arrangements.

# Which Organs Can be Donated?



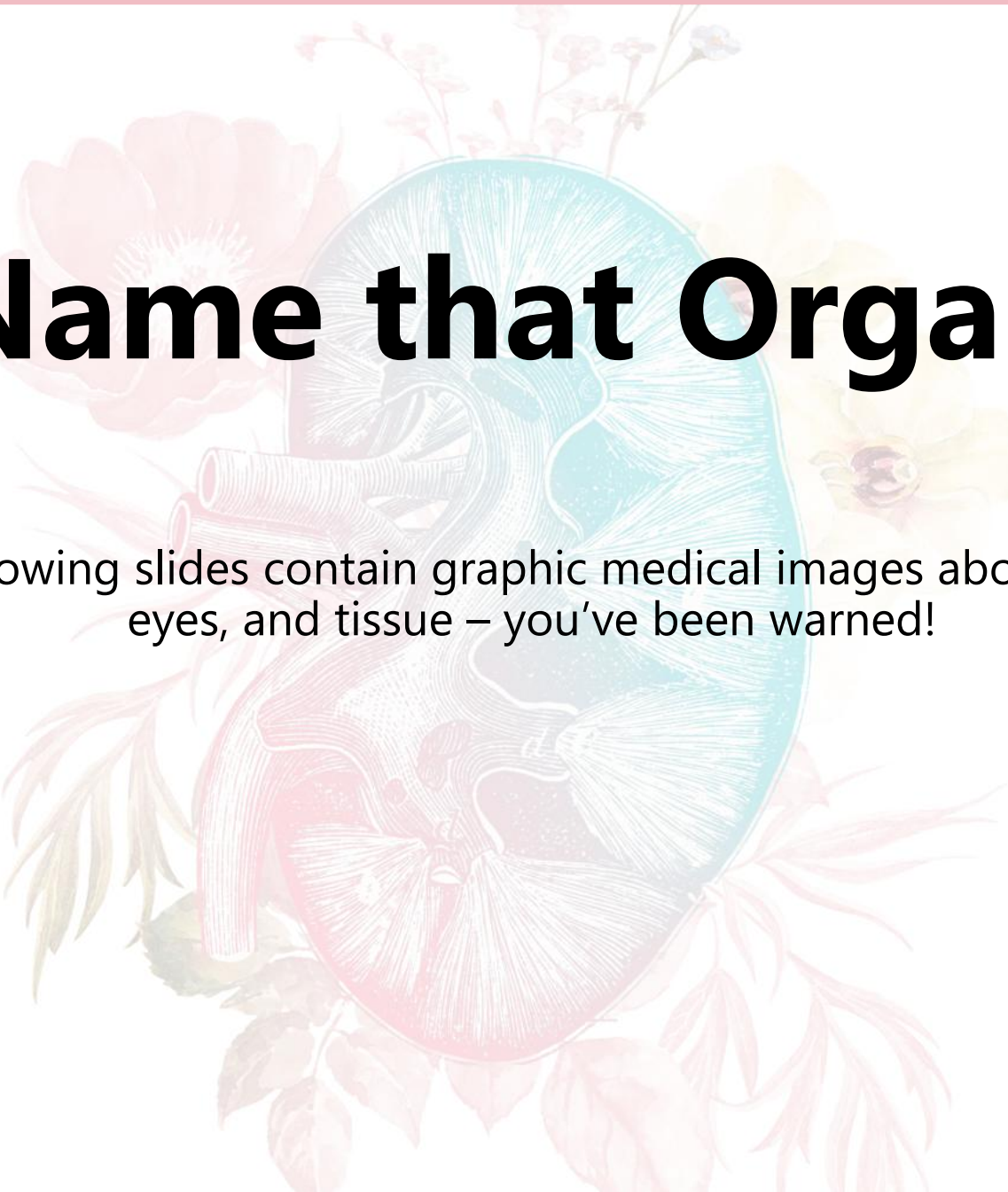
# One organ donor



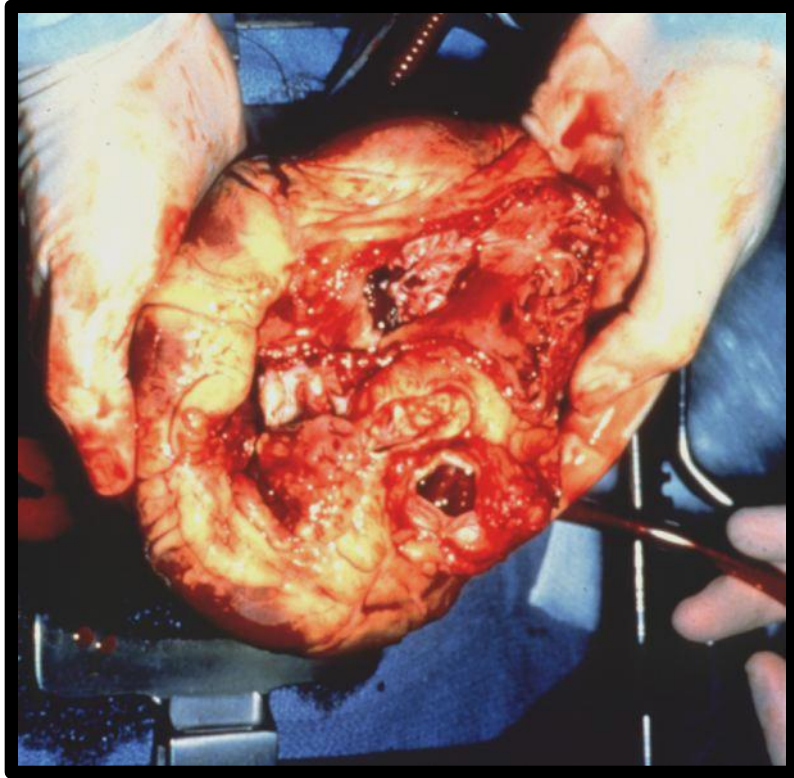
**can save up to 8 lives**

# Name that Organ!

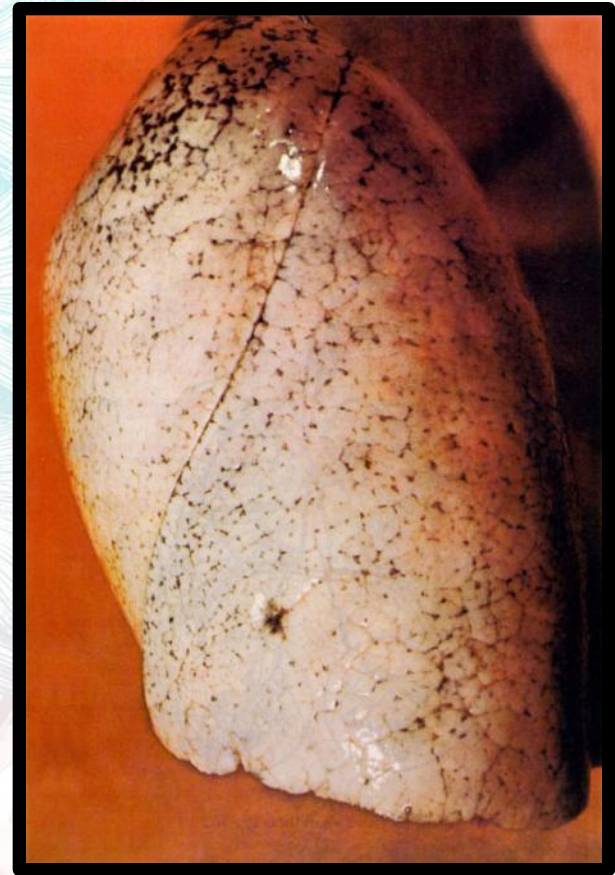
The following slides contain graphic medical images about organs, eyes, and tissue – you've been warned!



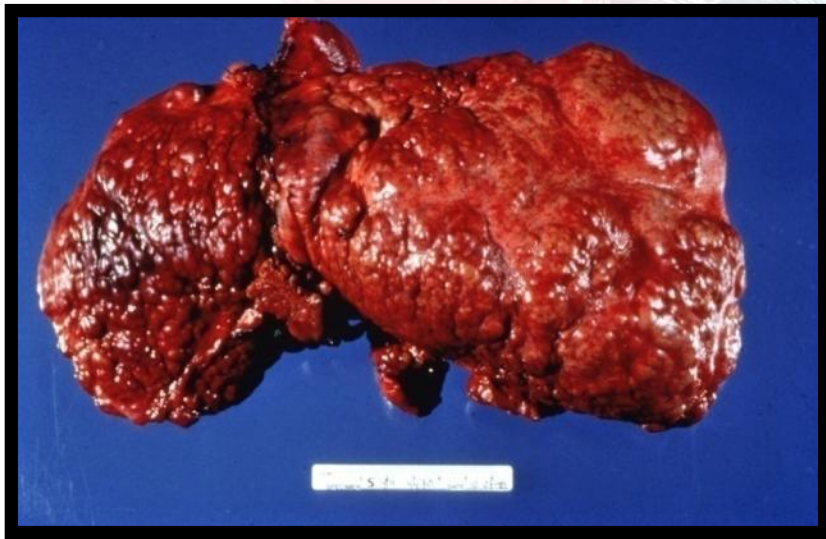
# Diseased / Healthy



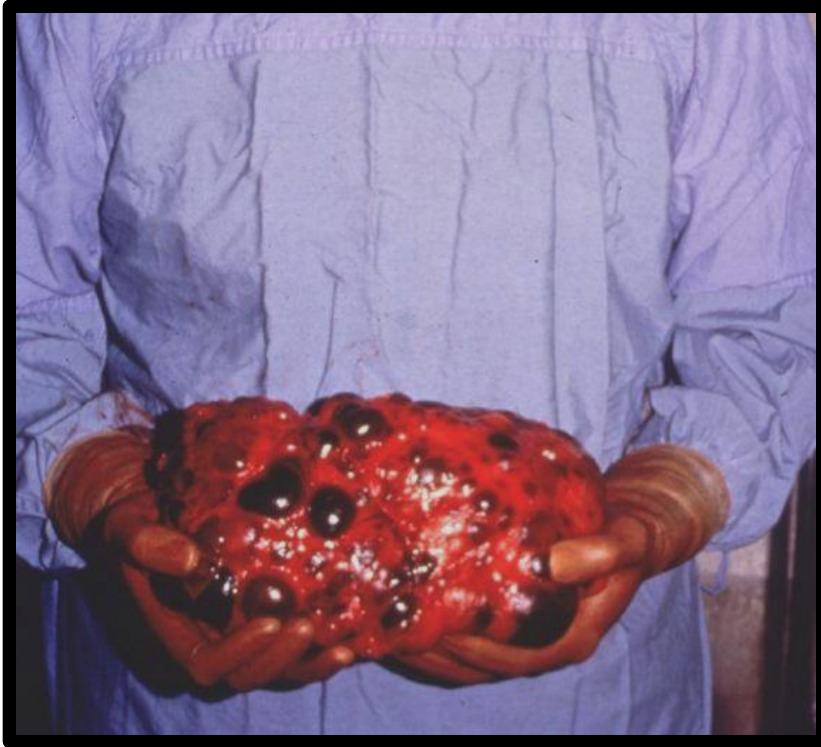
# Diseased / Healthy



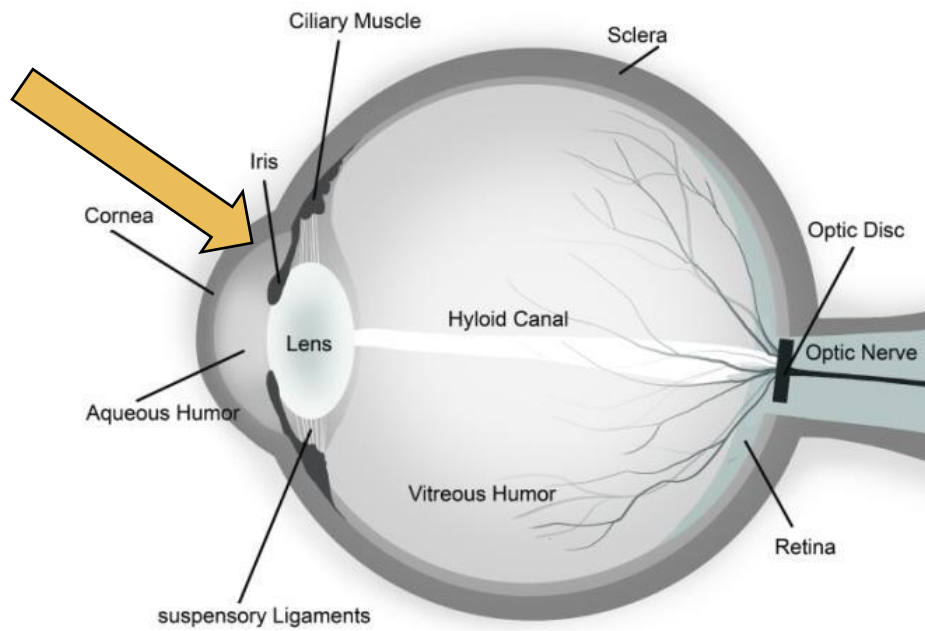
# Diseased / Healthy



# Diseased / Healthy



# What is a Cornea?

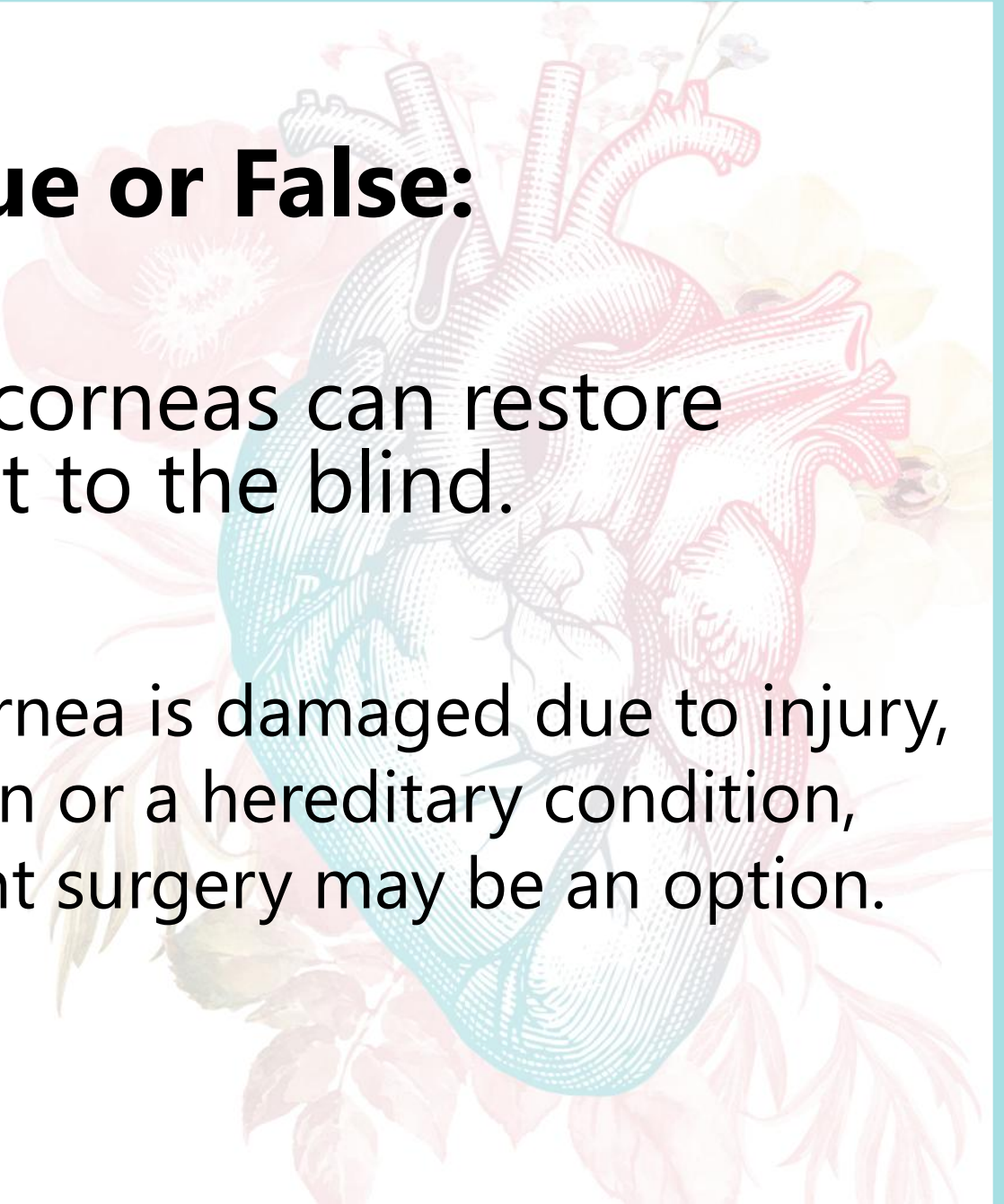


[John's Story](#)

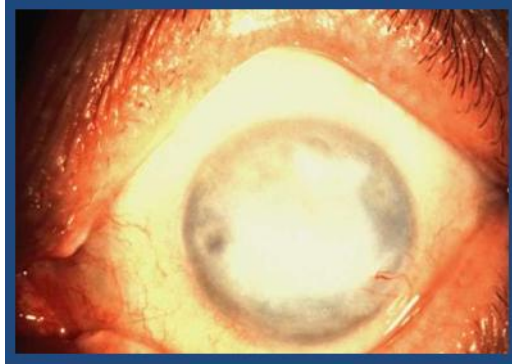
## True or False:

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*



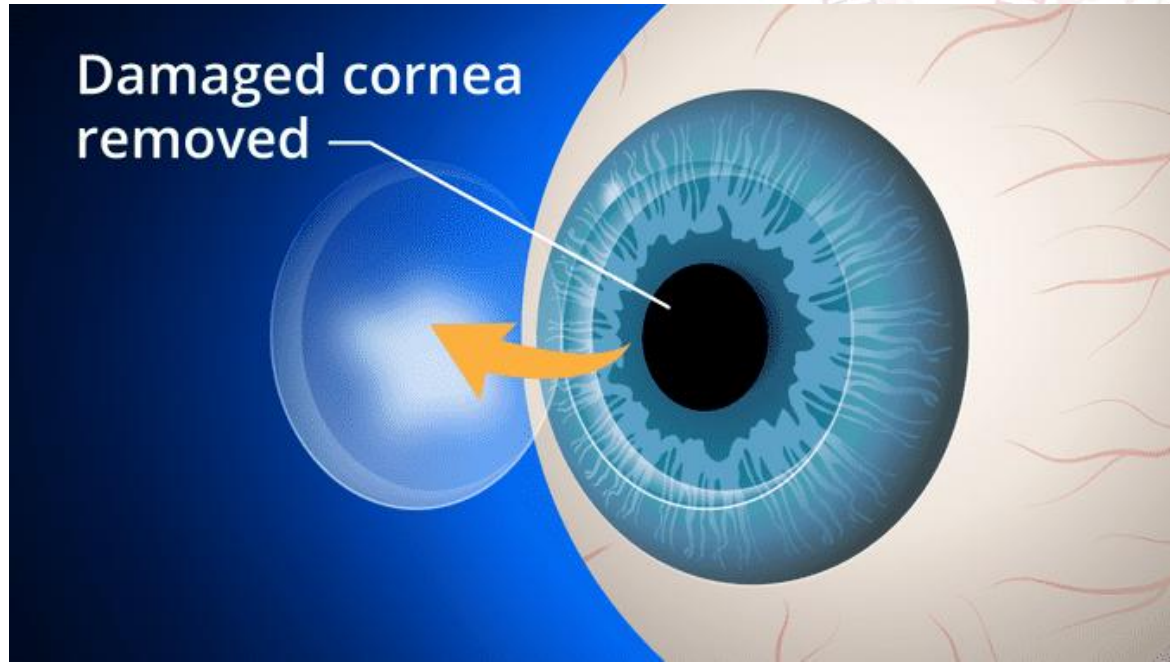
*Keratoconus*



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

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

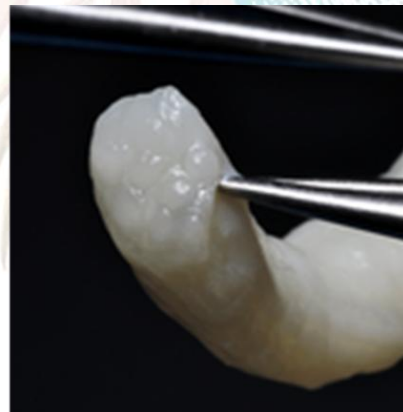
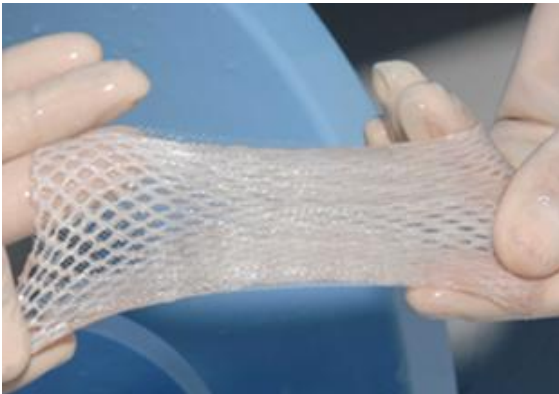
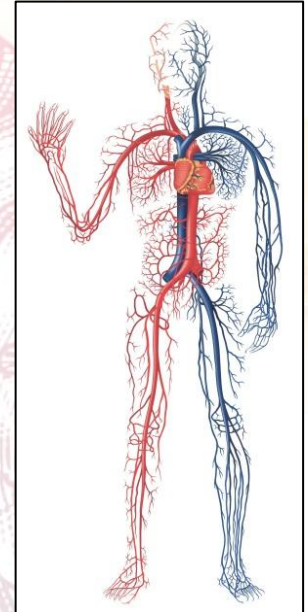




Research on glaucoma, retinal disease and eye complications of diabetes relies on human eye donations—leading to advanced treatments and cures.



# 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

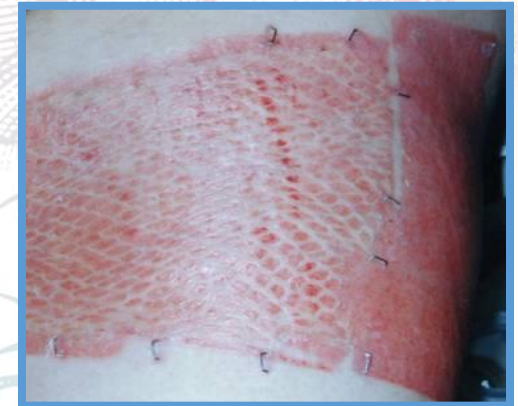
Skin regulates our heat and fluid, and is the body's first defense against germs.



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



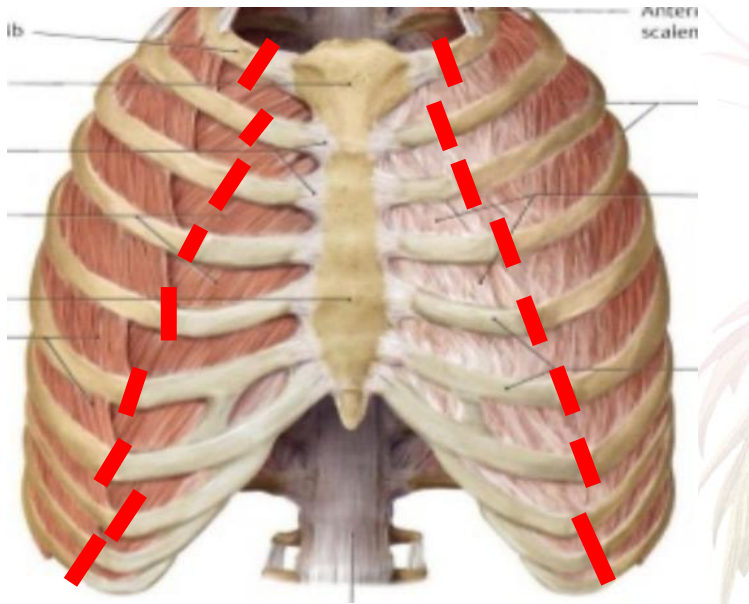
Graft is meshed so that it can stretch to cover a larger area



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**



**Megan Rapinoe**



**Tracy Hoyle**



**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

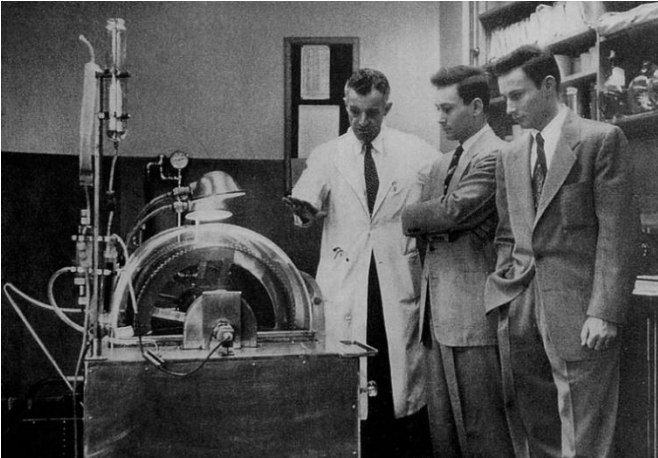
- Blood and bone marrow



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





# Pop Quiz

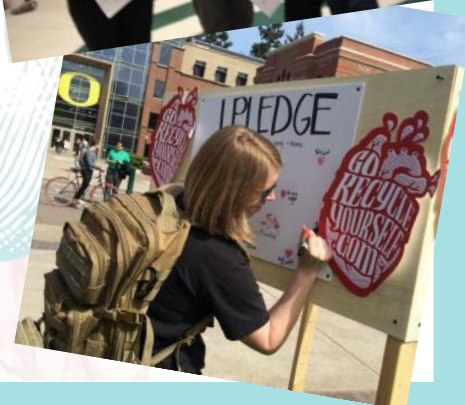
- 1) How many people's lives can be saved or enhanced by tissue and/or cornea donation?
- 2) Do you know if your family members are registered donors?
- 3) What is one new thing you learned today?



# 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...**

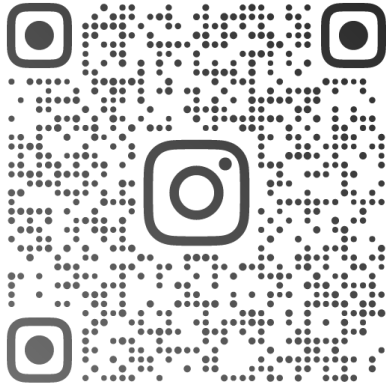
**GO RECYCLE YOURSELF.COM**



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



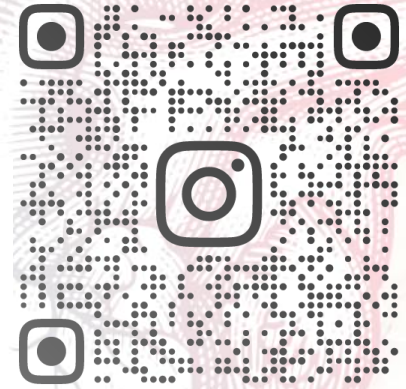
[www.DoneVidaNW.org](http://www.DoneVidaNW.org)  
(en español)



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