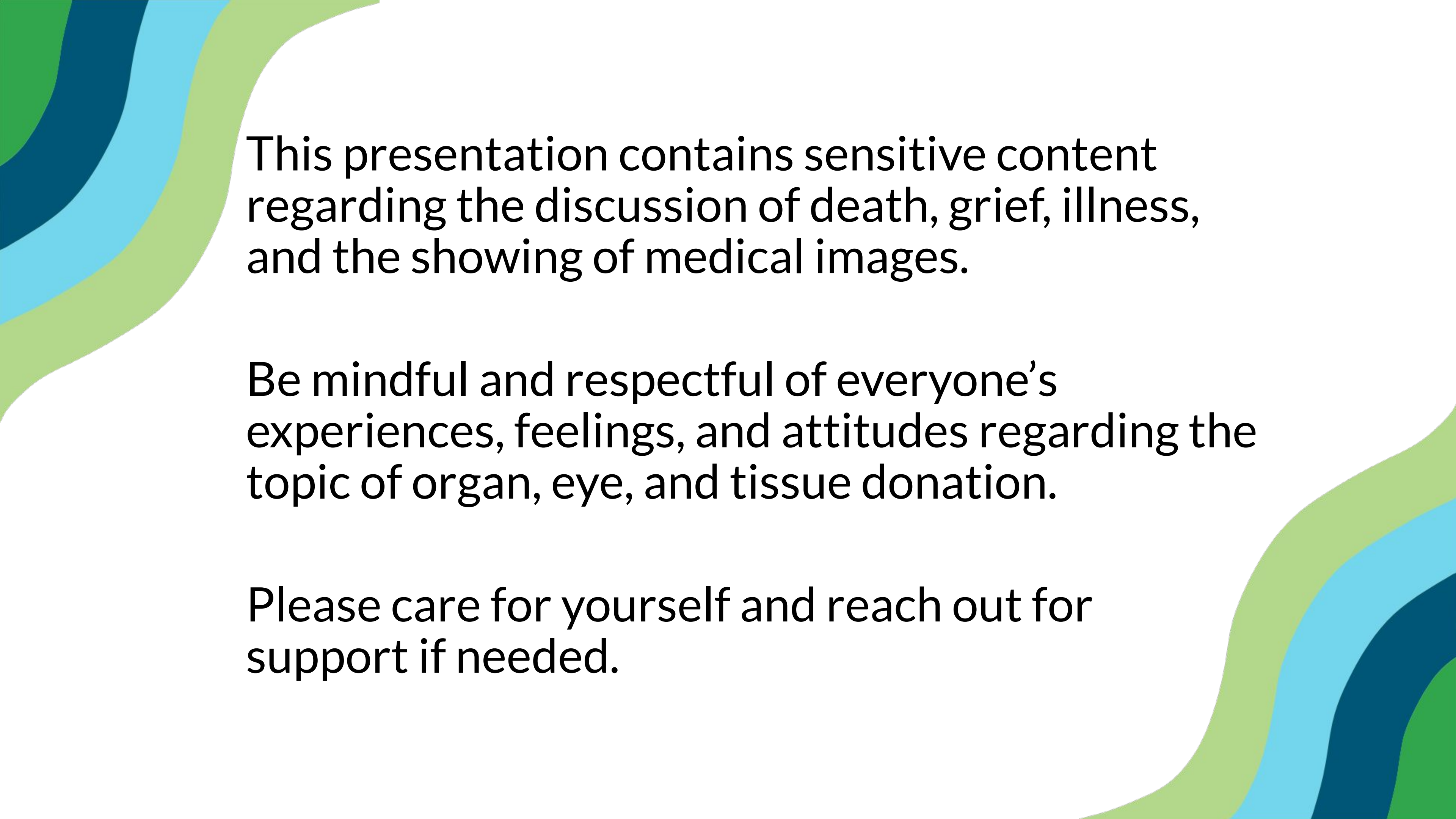




Recycle Yourself

Save lives through organ, eye,
and tissue donation!





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.



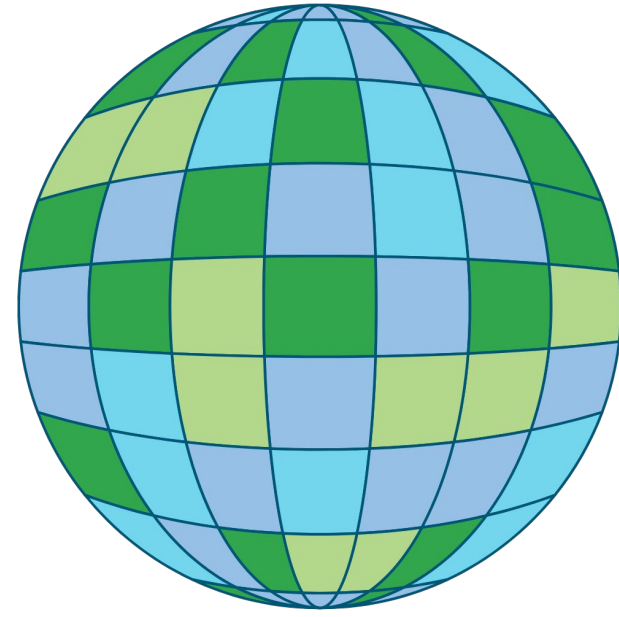
Outreach &
Education



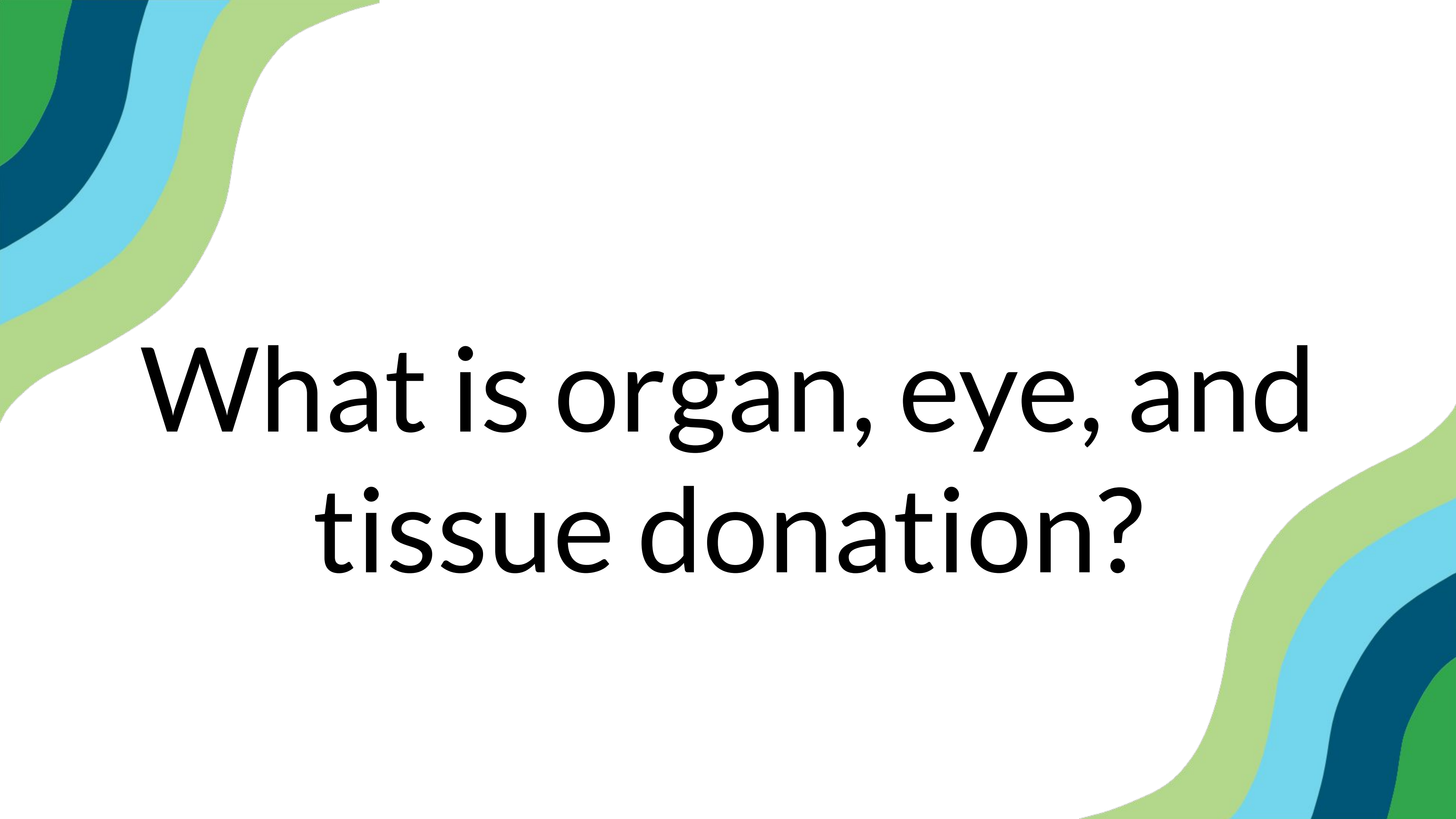
Organ Procurement

ORGAN
EYE & TISSUE
DONATION
SAVES
LIVES

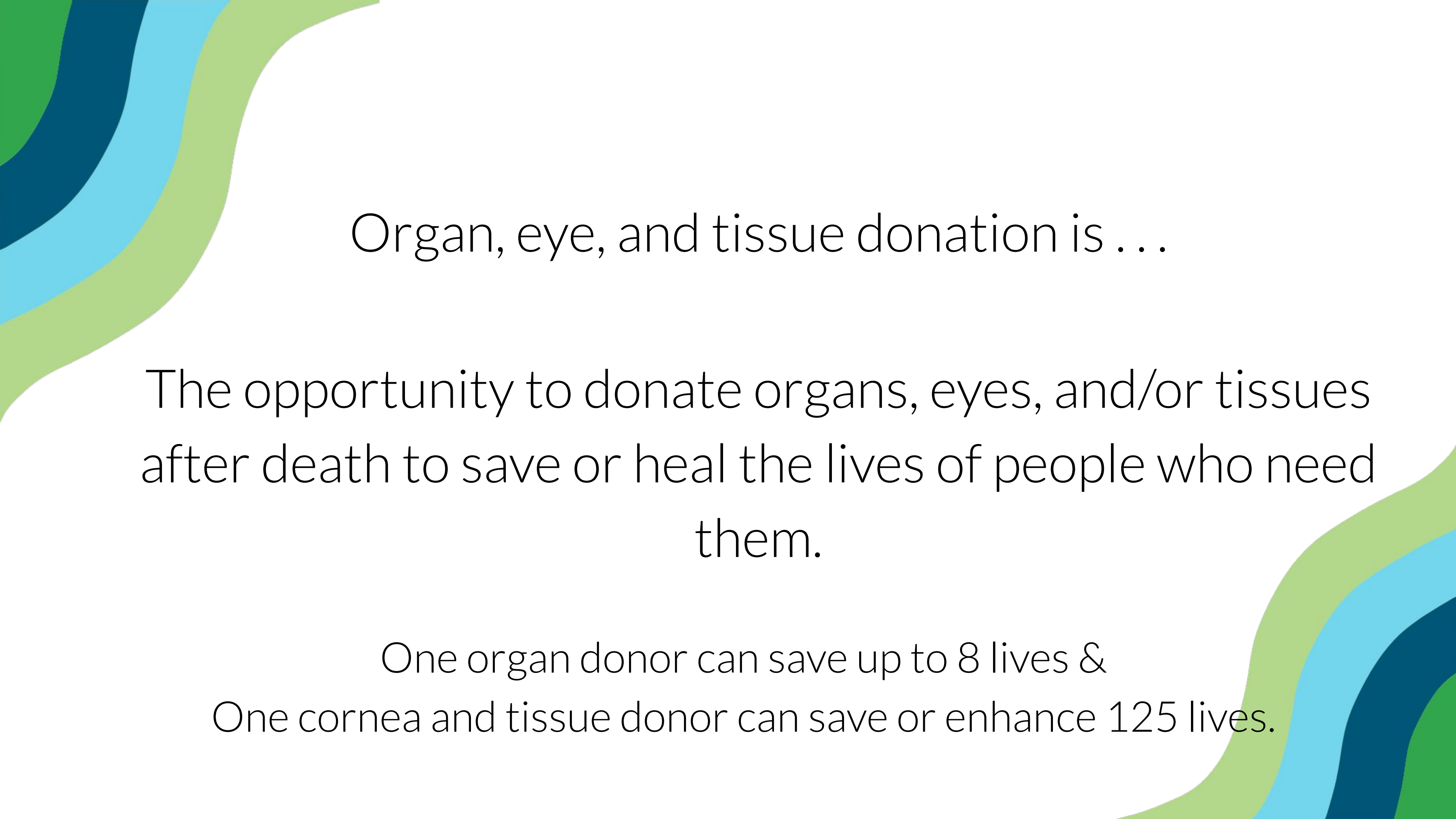




Questions or
connections?



What is organ, eye, and
tissue donation?



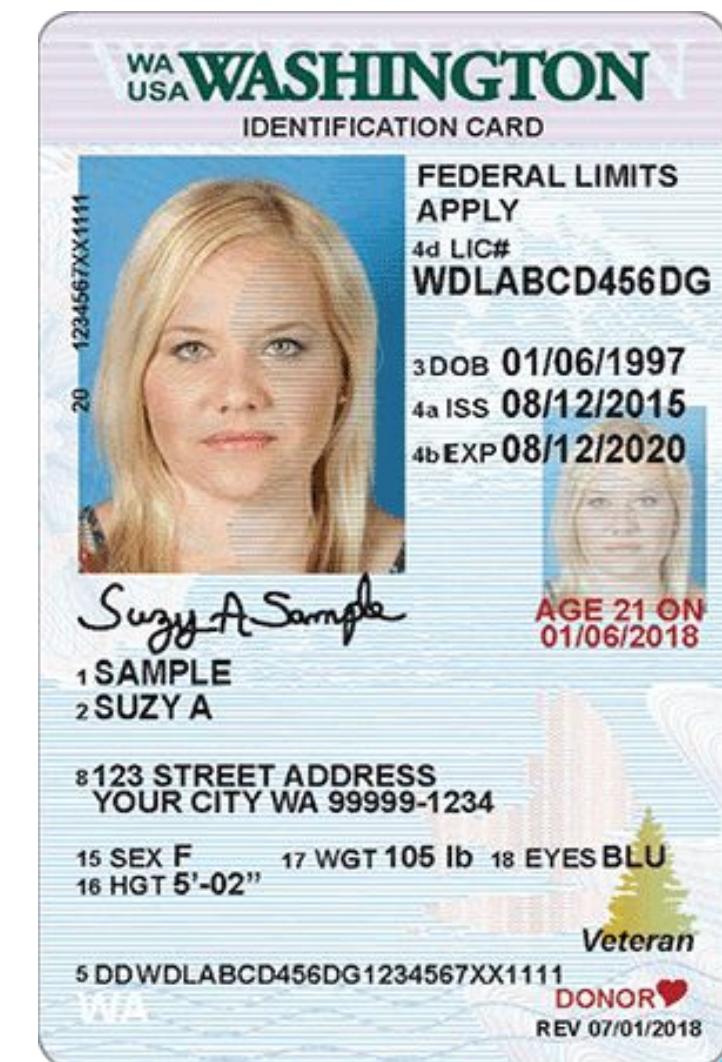
Organ, eye, and tissue donation is . . .

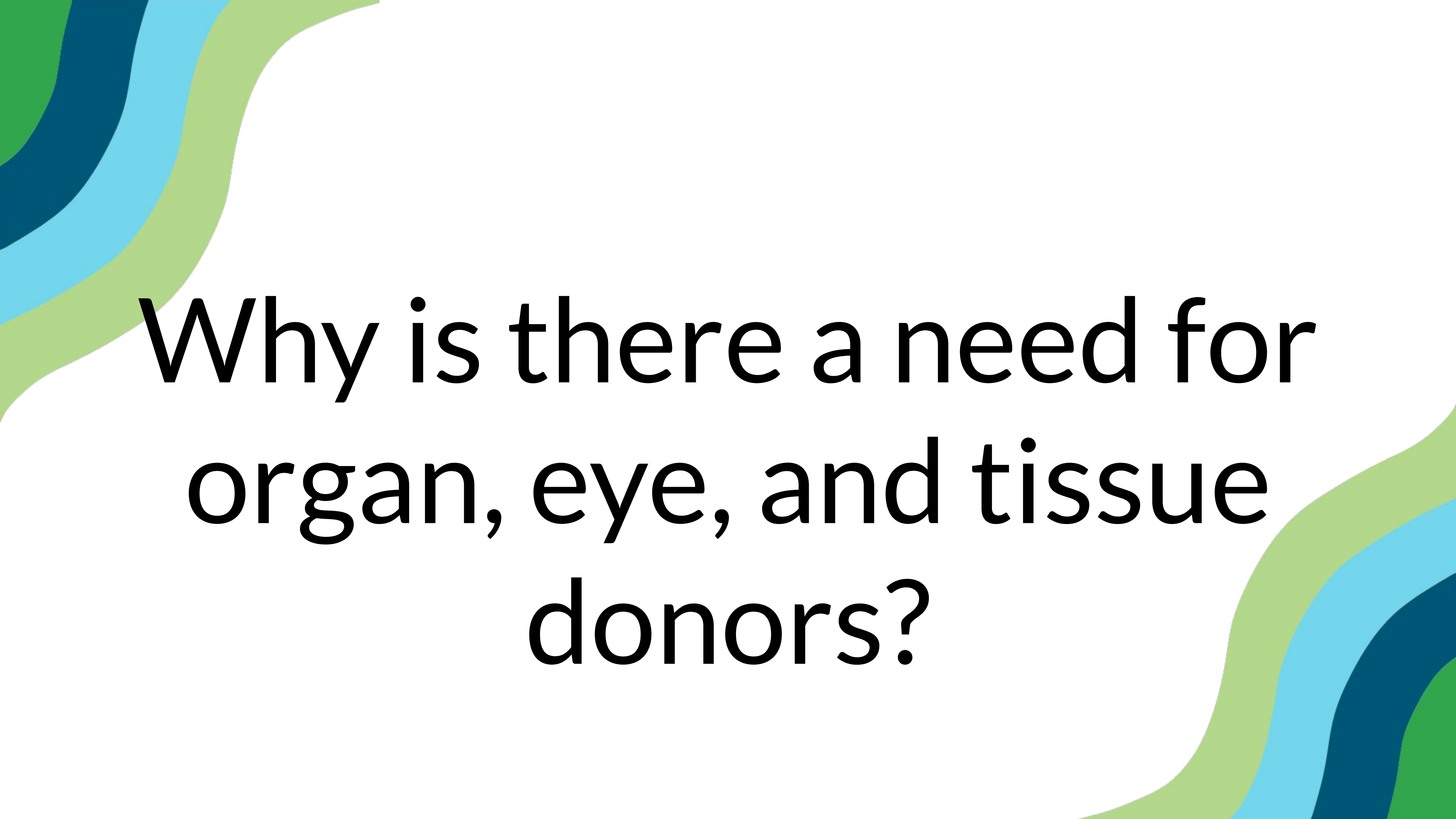
The opportunity to donate organs, eyes, and/or tissues after death to save or heal the lives of people who need them.

One organ donor can save up to 8 lives &
One cornea and tissue donor can save or enhance 125 lives.

Have you been to the DMV to get your driver's permit, license, or ID?

Saying yes to being an organ donor means; *After I die, I wish to donate organs, eyes, and/or tissue to save someone's life, restore someone's vision, and/or restore someone's mobility.*



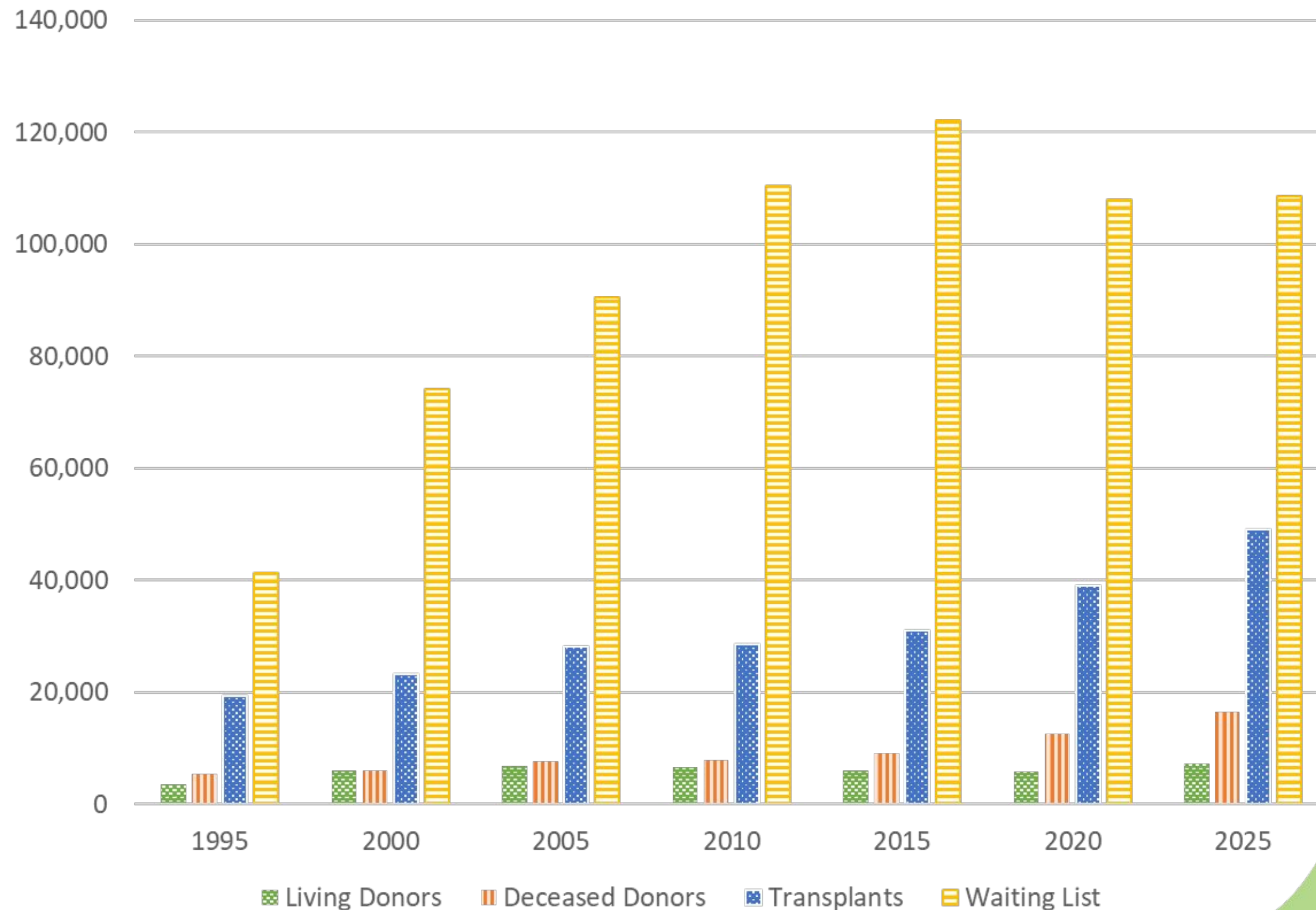


Why is there a need for
organ, eye, and tissue
donors?

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.



How many people are currently waiting?

Currently, there are over 109,000 people in the US on the transplant waiting list.

That number of people can fill:



Reser Stadium



Autzen Stadium



Moda Center

How do patients get on the waitlist?

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](#)



Kidney Transplants



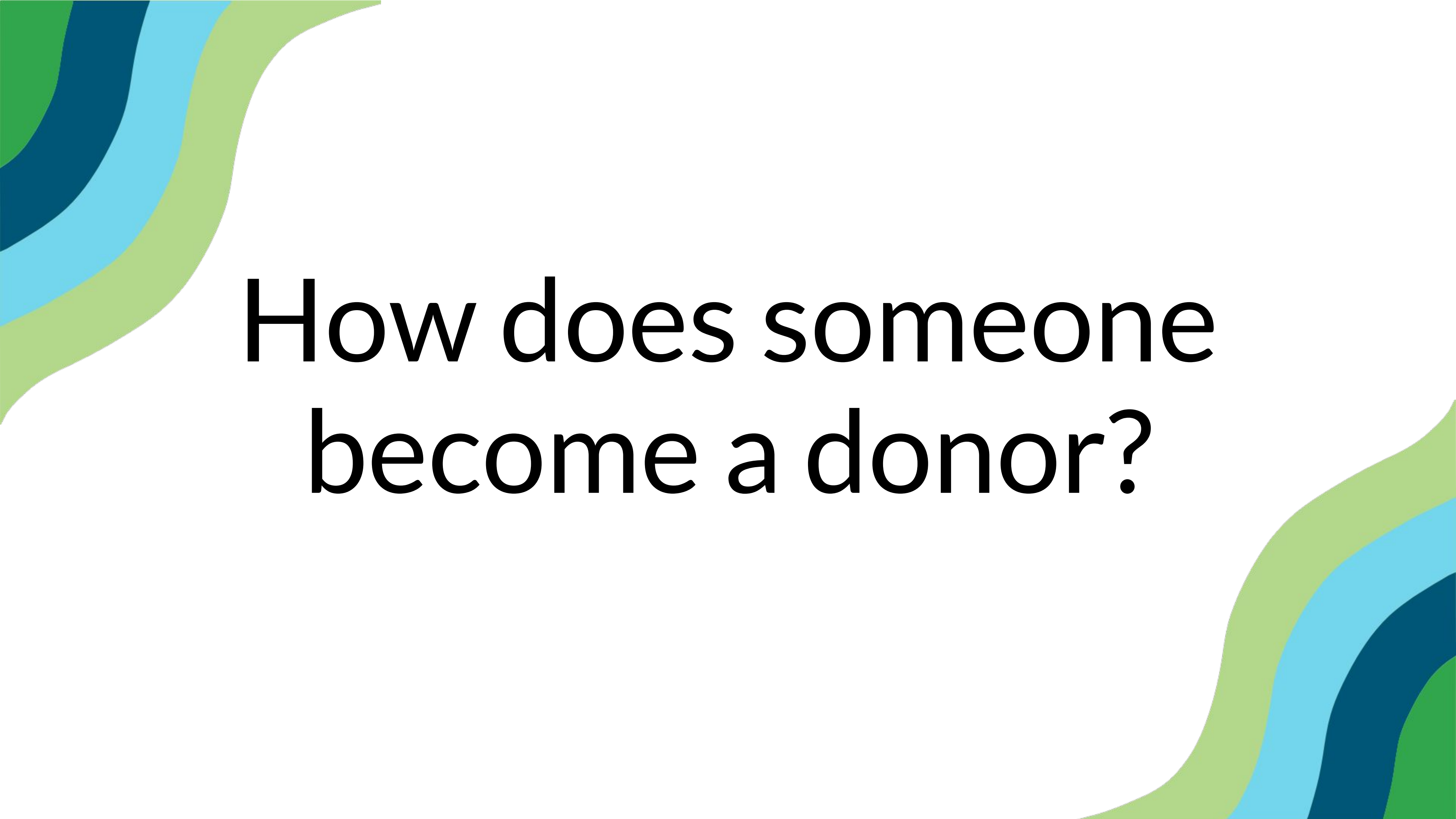
Heart Transplants



Kidney and liver
Transplants



Kidney, liver, and heart
Transplants

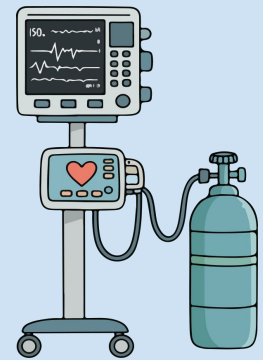


How does someone
become a donor?

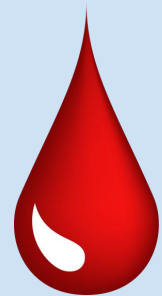
Organ Donors



Must pass away in a hospital



Be connected to a ventilator



Needs constant blood flow and oxygen



Limited to 6 transplantable organs

Eye/Tissue Donors



Can pass away outside of a hospital



Does not need to be connected to a ventilator



Stays viable longer w/o blood and oxygen & can be stored

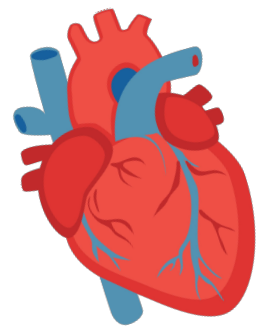


So much tissue possible to donate

How does one organ donor save up to 8 lives?

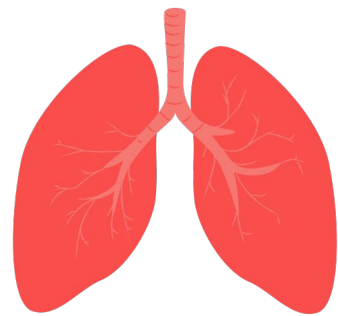
There are 6 recoverable organs for transplant.

Can you guess them?



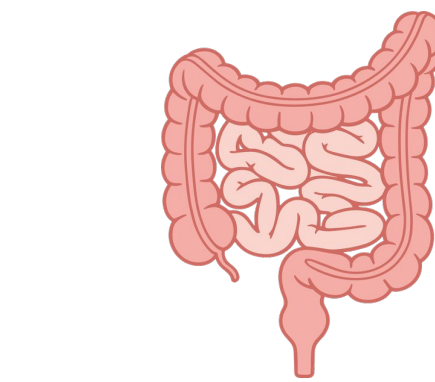
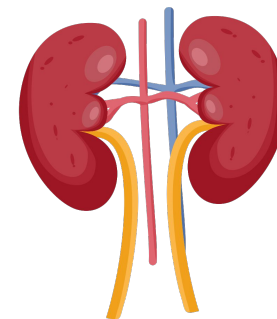
Heart

2 Lungs



Liver

2 Kidneys



Intestine

Pancreas







Organ Donation Compatibility

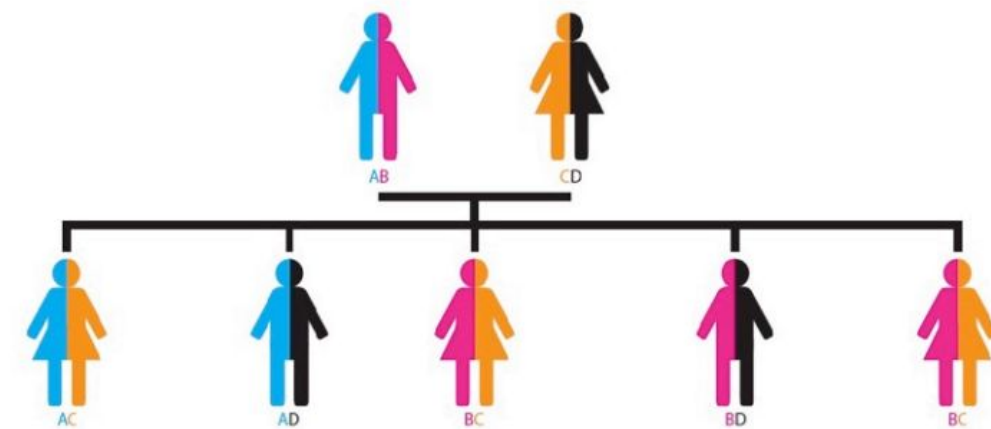
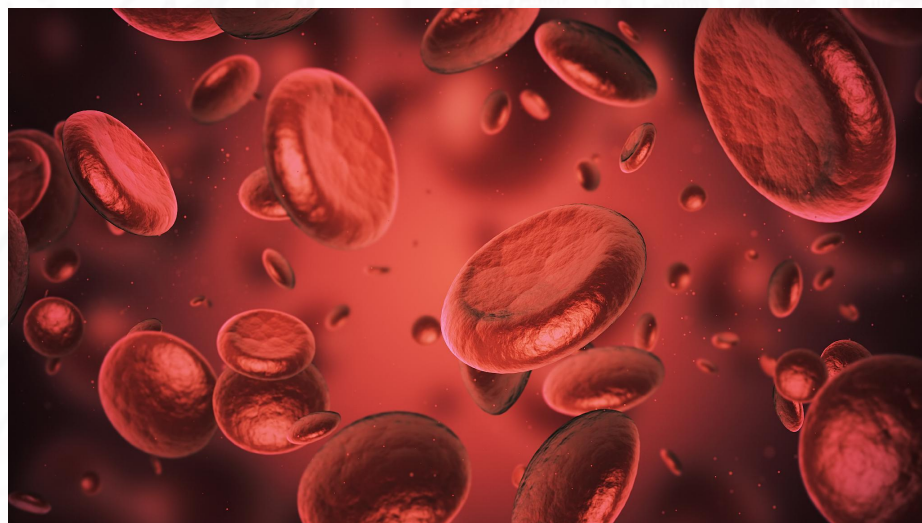
Making the match



The Science of Self: What Makes You, You

We are all made up of inherited proteins, cells, genes and DNA.

We all have these in common, but they work together to make us unique individuals.

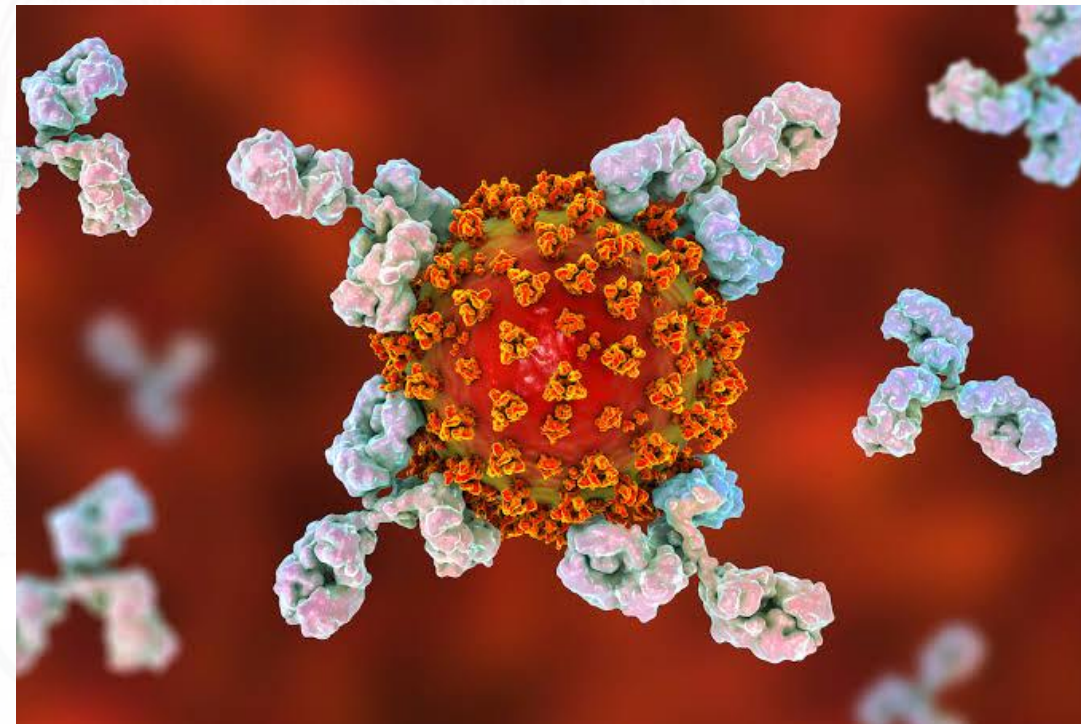


Some genes are expressed outwardly in features like hair and eye color.
Some are expressed internally in features we can't see like blood type and tissue proteins.

These inherited proteins, called antigens, are markers on the surface of the blood and tissue cells that identify you as “self” and play a crucial part in organ transplantation.

The Body's Defense & Transplant Challenges

When “non-self” antigens are detected in our bodies antibodies are activated by our immune system to attack and destroy.



This keep our bodies healthy against bacteria and viruses but attacks a transplanted organ even if someone needs one to survive.

A successful transplant relies on many different factors of compatibility along with the recipient's lifelong management of immunosuppressant medication.

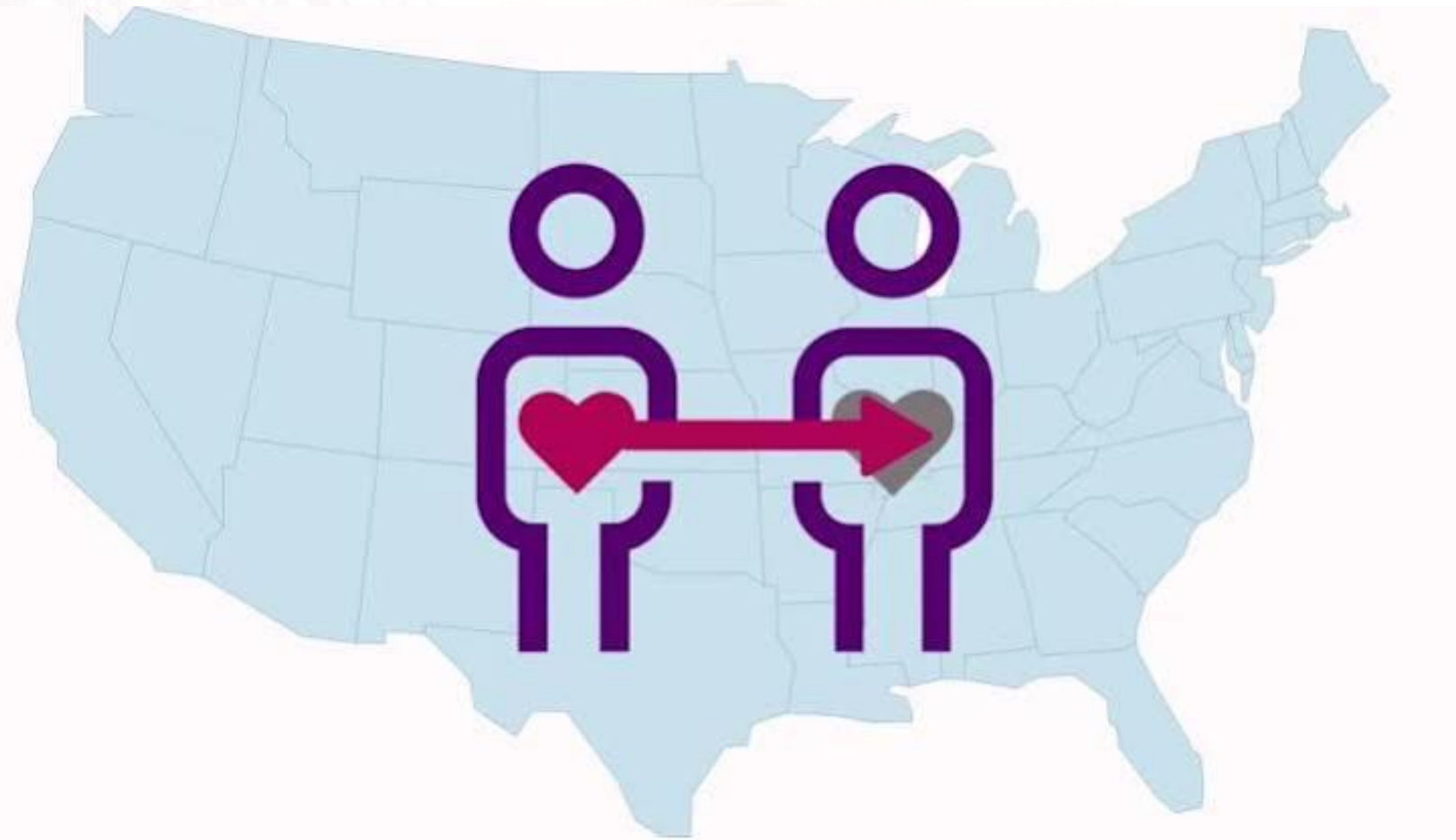
Matching

Matching an organ donor with a recipient depends on several factors:

Medical
urgency

How long a person has
been on the waitlist

Geography



Body size

Blood type

Tissue type

Testing Organ Compatibility

To successfully match organ donors with recipients, 3 crucial tests need to happen.



- ABO Compatibility
(matching blood type)
- Human Leukocyte Antigens or HLA
(matching tissue)
- Cross Matching

ABO Compatibility

What are the 4 blood types?

A

Contains A antigens

AB

Contains both
A & B antigens

B

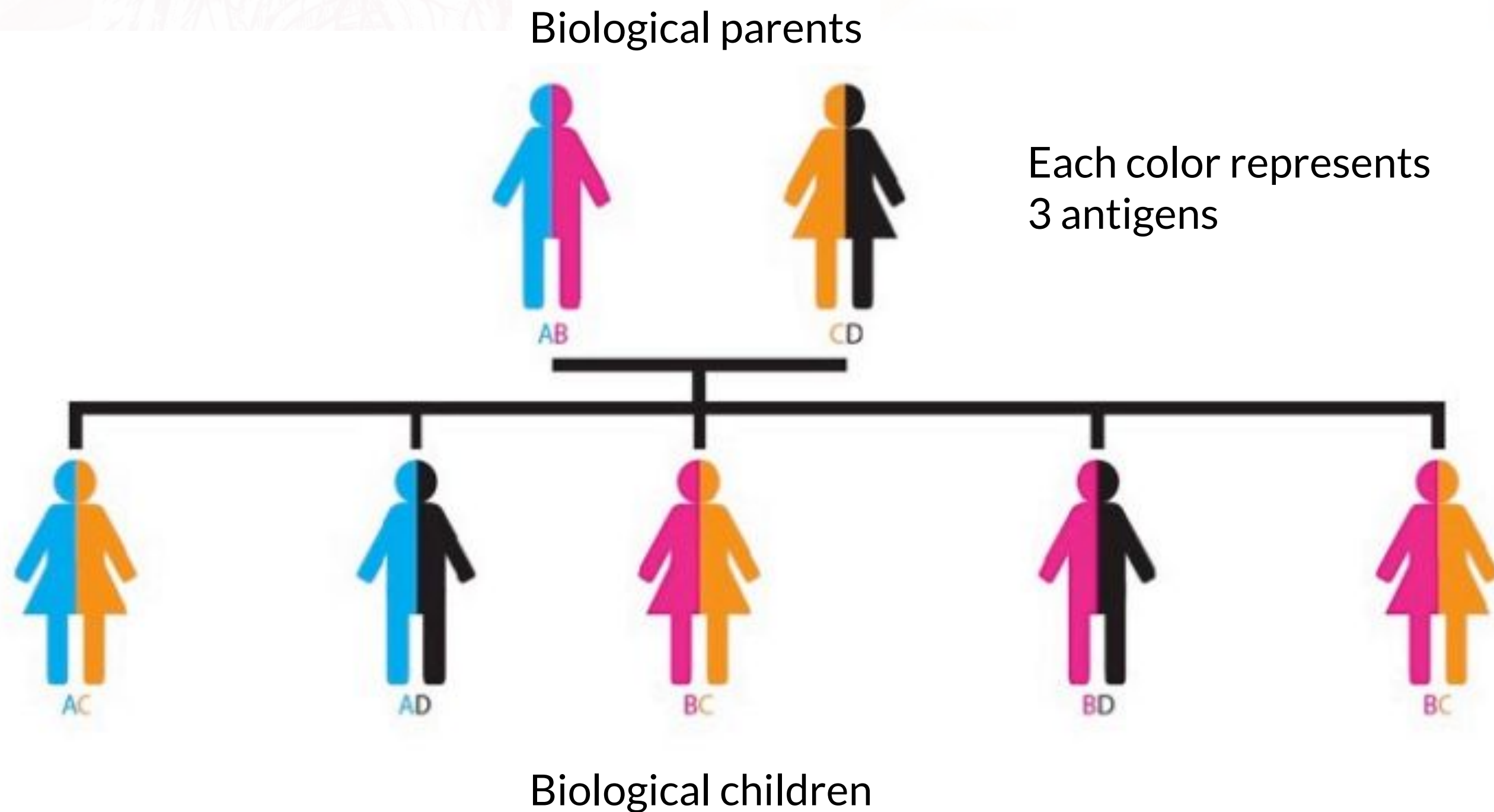
Contains B antigens

O

Contains neither
A or B antigens

Organ Recipient Blood Type	Compatible Organ Donor Blood Type
O	O
A	A, O
B	B, O
AB	A, B, AB, O

Human Leukocyte Antigens (HLA)



Cross Match

Cross matching happen when cells taken from the donor are mixed with serum from the recipient's blood.



+ Positive Cross Match	Antibodies in the recipient are ready to attack	No transplant
- Negative Cross match	No reaction	Transplant happens

Organ Viability

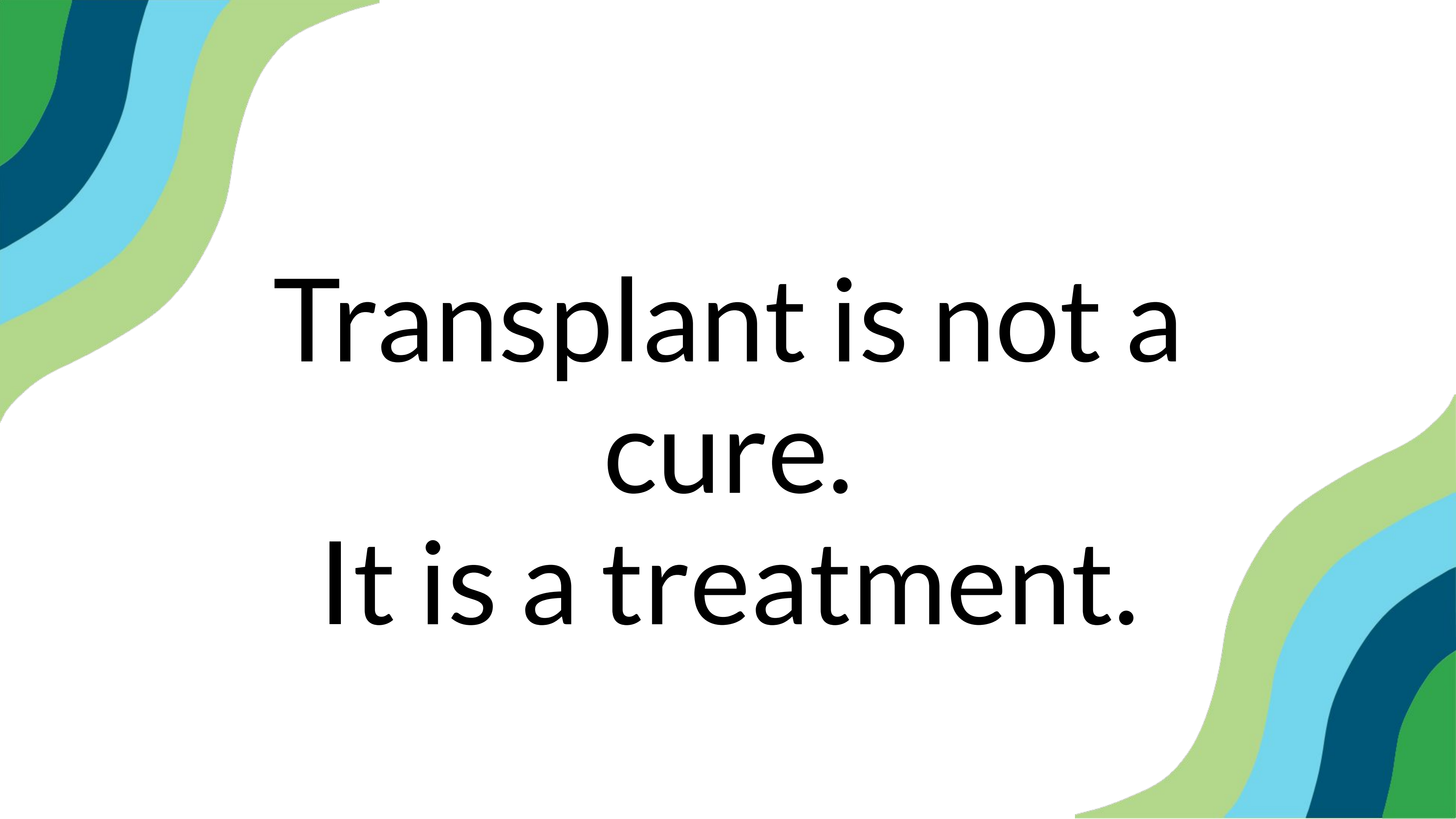
Heart = 4 to 6 hours
Lungs = 4 to 6 hours
Liver = 8 to 12 hours
Intestines = 8 to 16 hours
Pancreas = 12 to 18 hours
Kidney = 24 to 36 hours

Cornea up to 18 hours
Tissue up to 24 hours



Machine perfusion





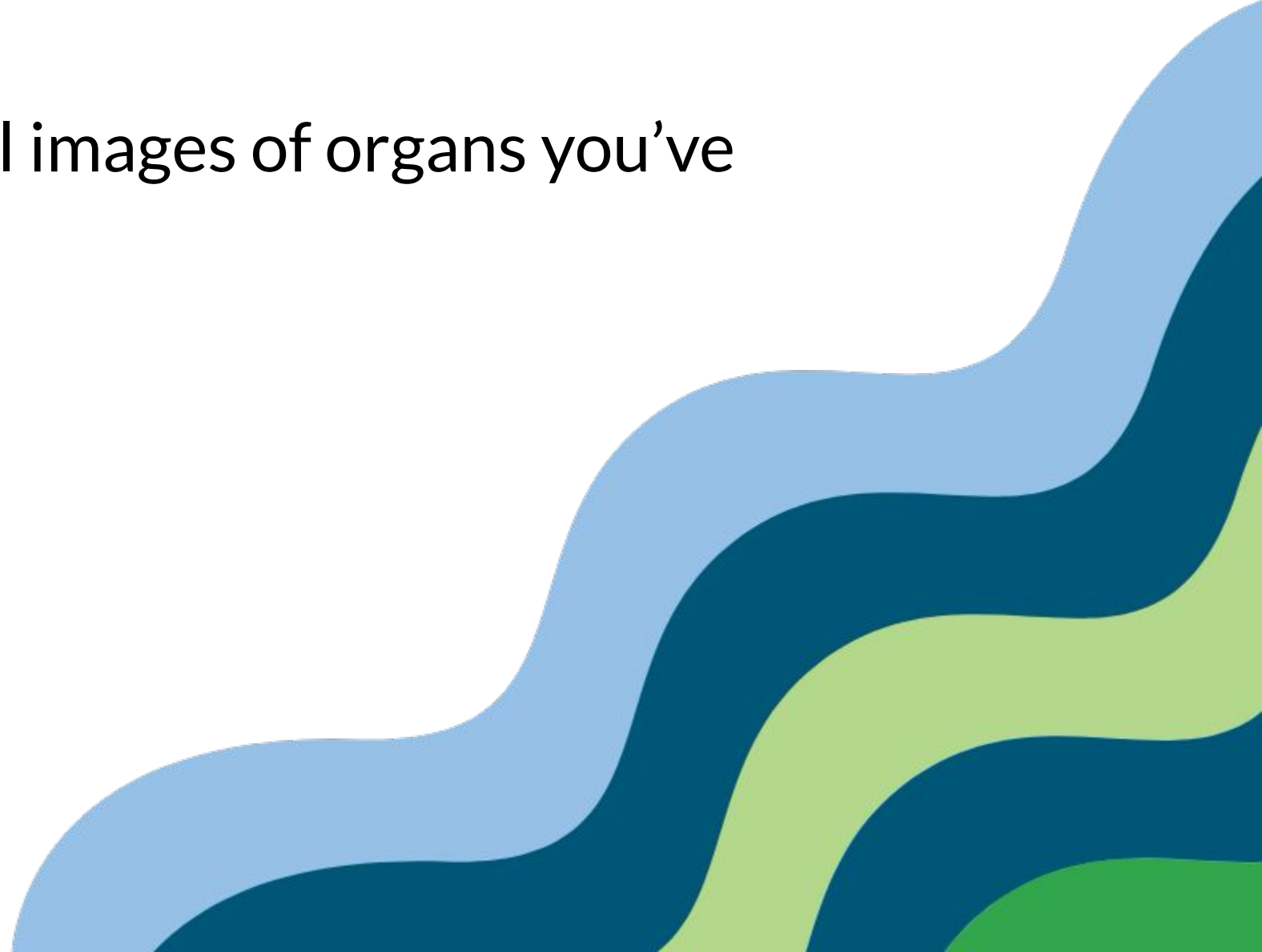
Transplant is not a
cure.

It is a treatment.

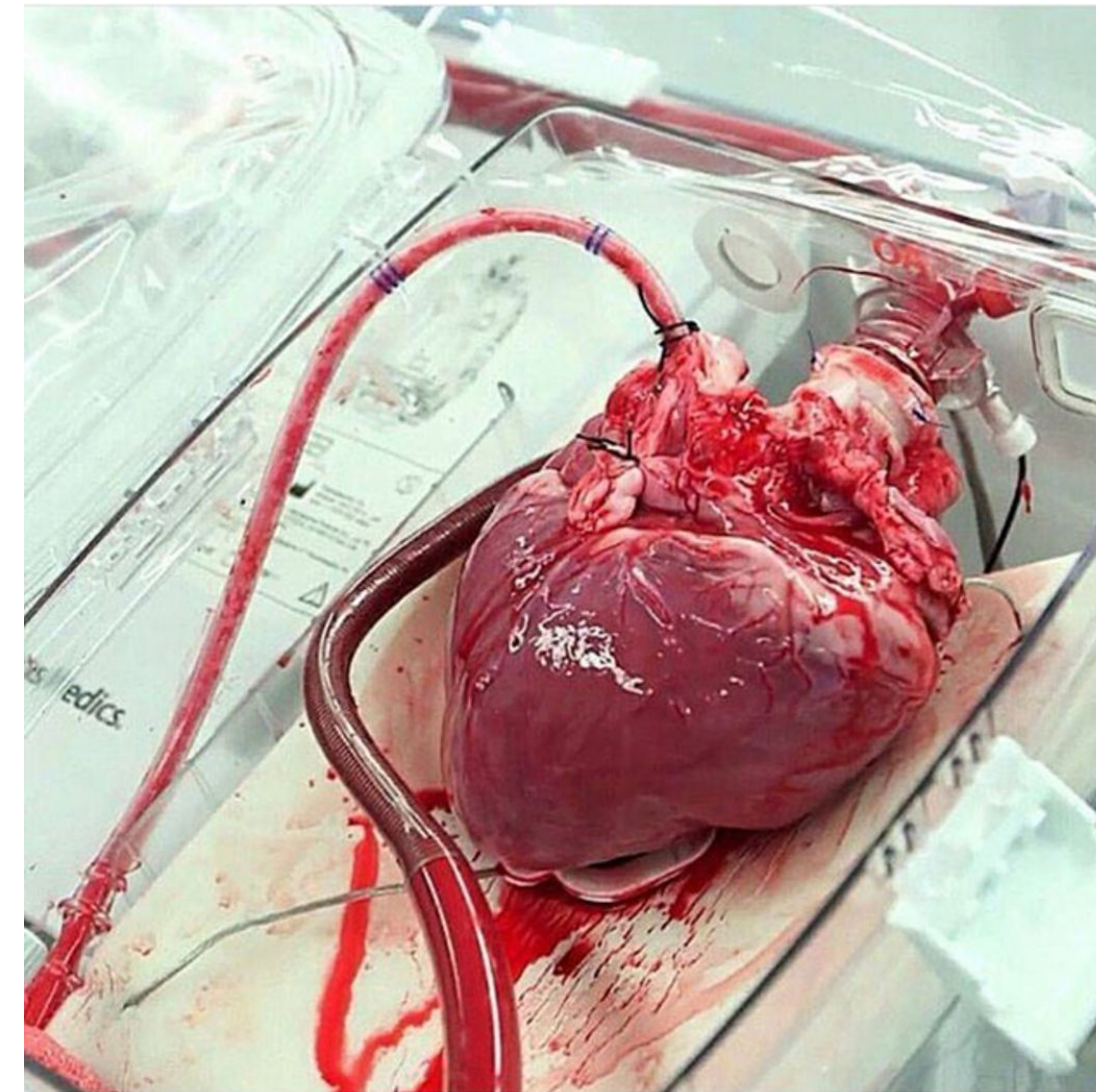
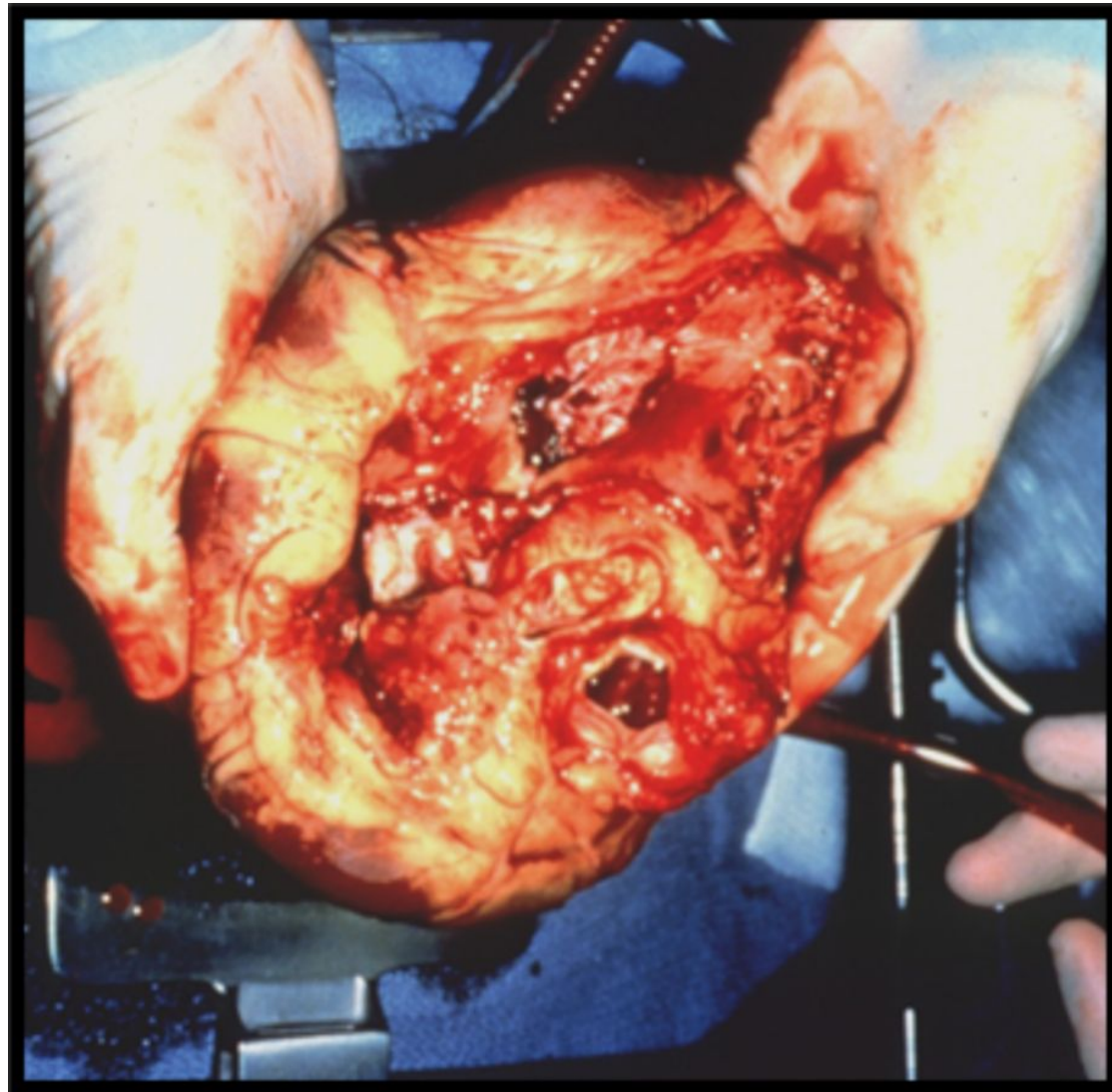


Name that Organ

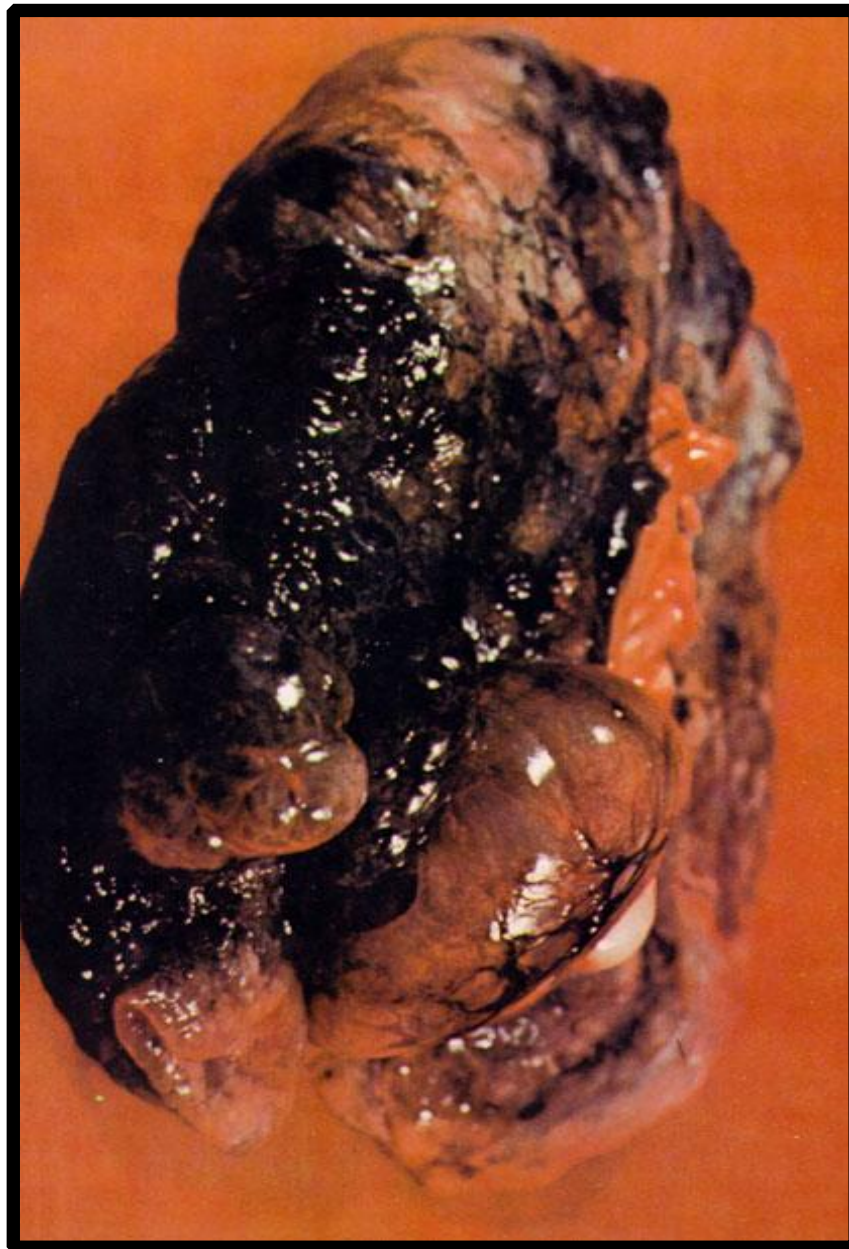
The following slides contain graphic medical images of organs you've been warned!



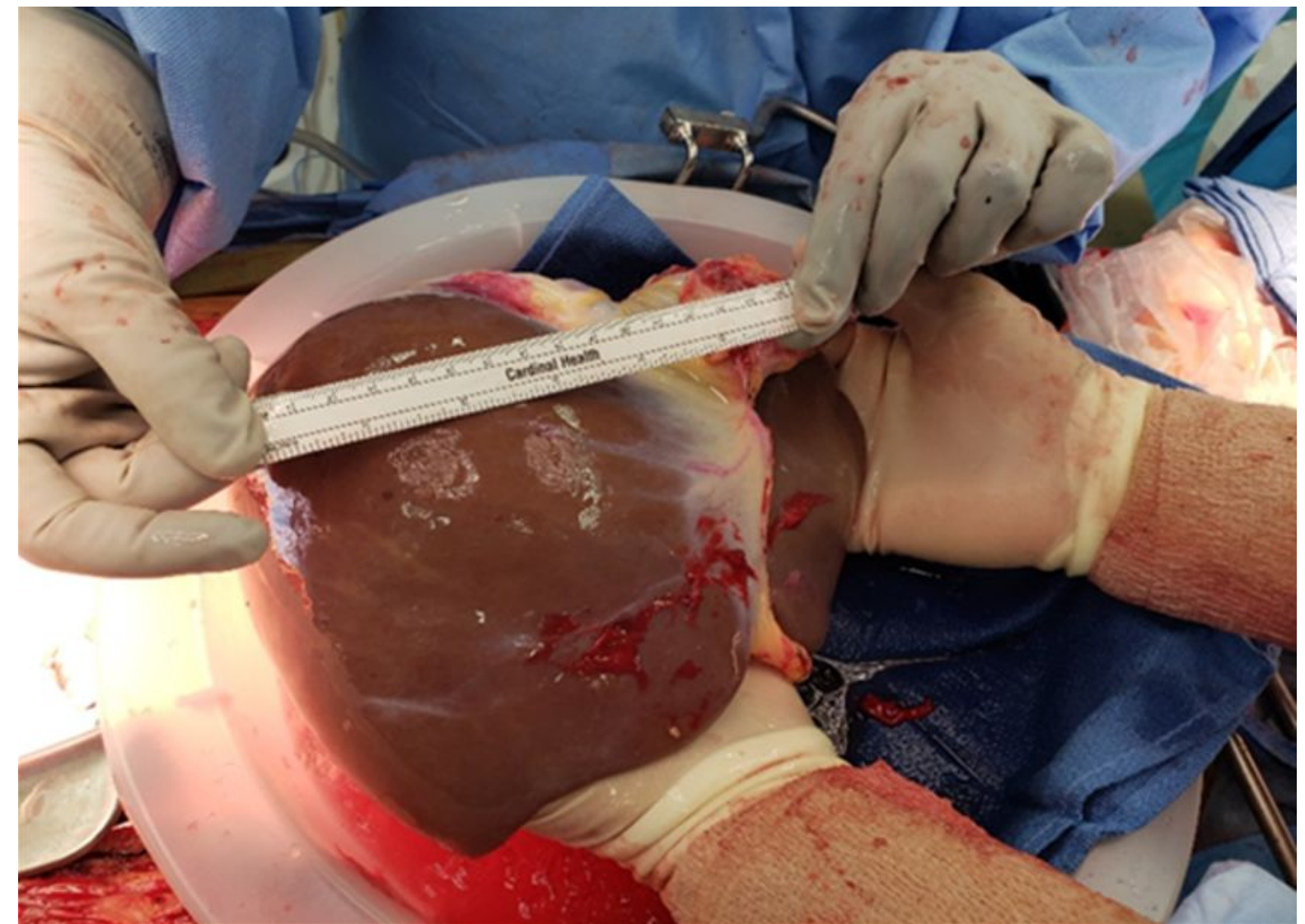
What organ is this?



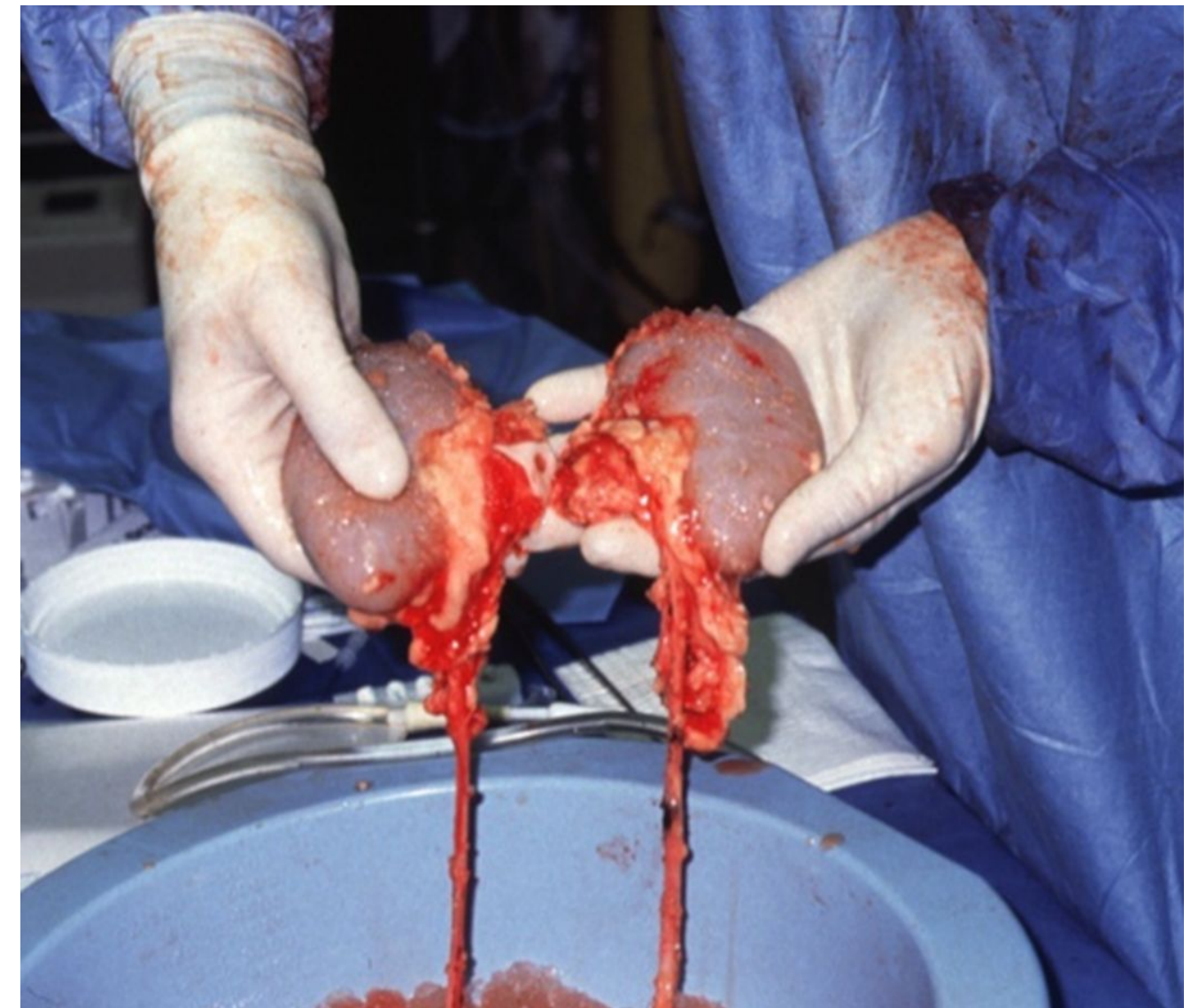
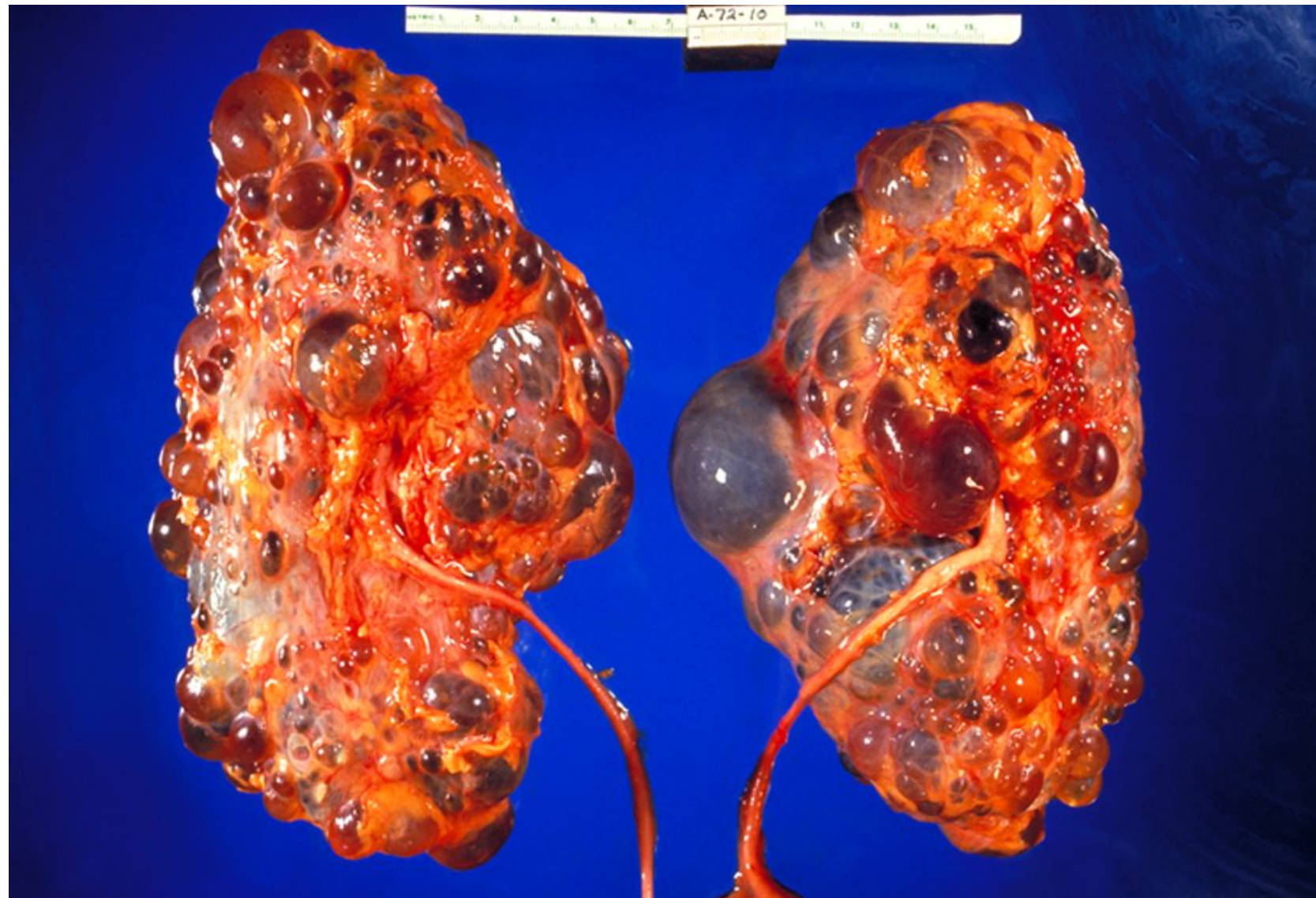
What organ is this?

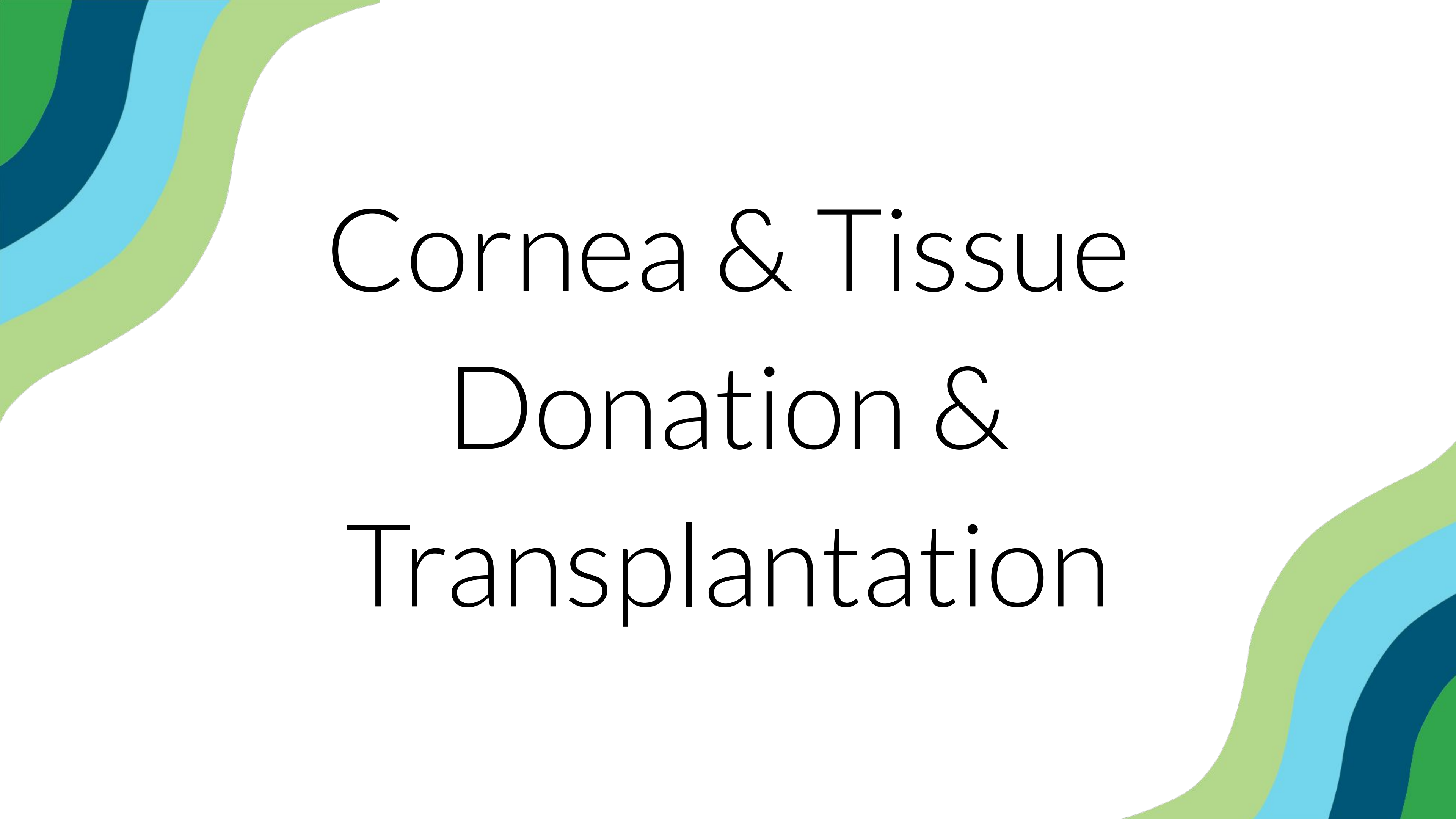


What organ is this?



What organ is this?



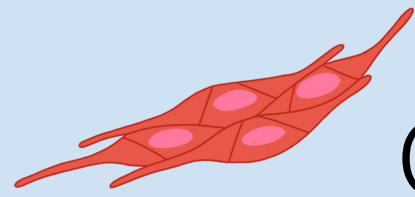


Cornea & Tissue Donation & Transplantation

One tissue and eye donor



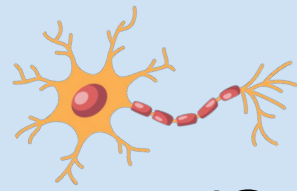
can save or enhance over 125 lives.



connective
tissue



cornea/sclera



nerves



bone

What types of tissue can be donated?

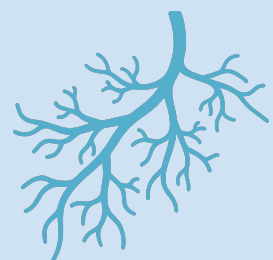
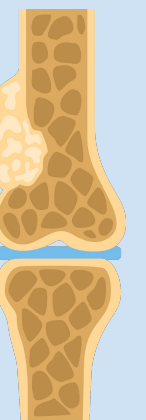
tendons



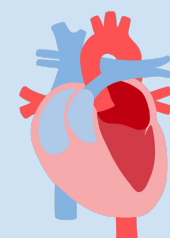
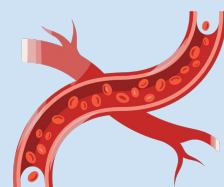
ligaments



cartilage



arteries/veins



heart valves

Extended list of recoverable tissue

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

Tendons

Achilles
Semitendinosus
Anterior Tibialis
Posterior Tibialis
Peroneus Longus
Plantaris
Achilles
Semitendinosus
Gracilis

Bone

Proximal/ Distal Femur
Whole Femur
Proximal/ Distal Tibia
Whole Tibia
Proximal/ Distal Fibula
Hemi-Pelvis
Humerus
Radius
Ulna
Costal Cartilage w/ Sternum

Fresh Allografts

Knee Block
Ankle Block
Arm Block
Shoulder Block
Elbow Block
Bilateral Cartilage

Cardiovascular Heart

Valves (tricuspid, bicuspid)
Aorta
Pulmonary Valves
Descending Thoracic Aorta
Saphenous Vein
Femoral Vein/ Artery
Aortoiliac Artery

Skin

Full-thickness
Split-thickness

Connective Tissue

Fascia
Pericardium

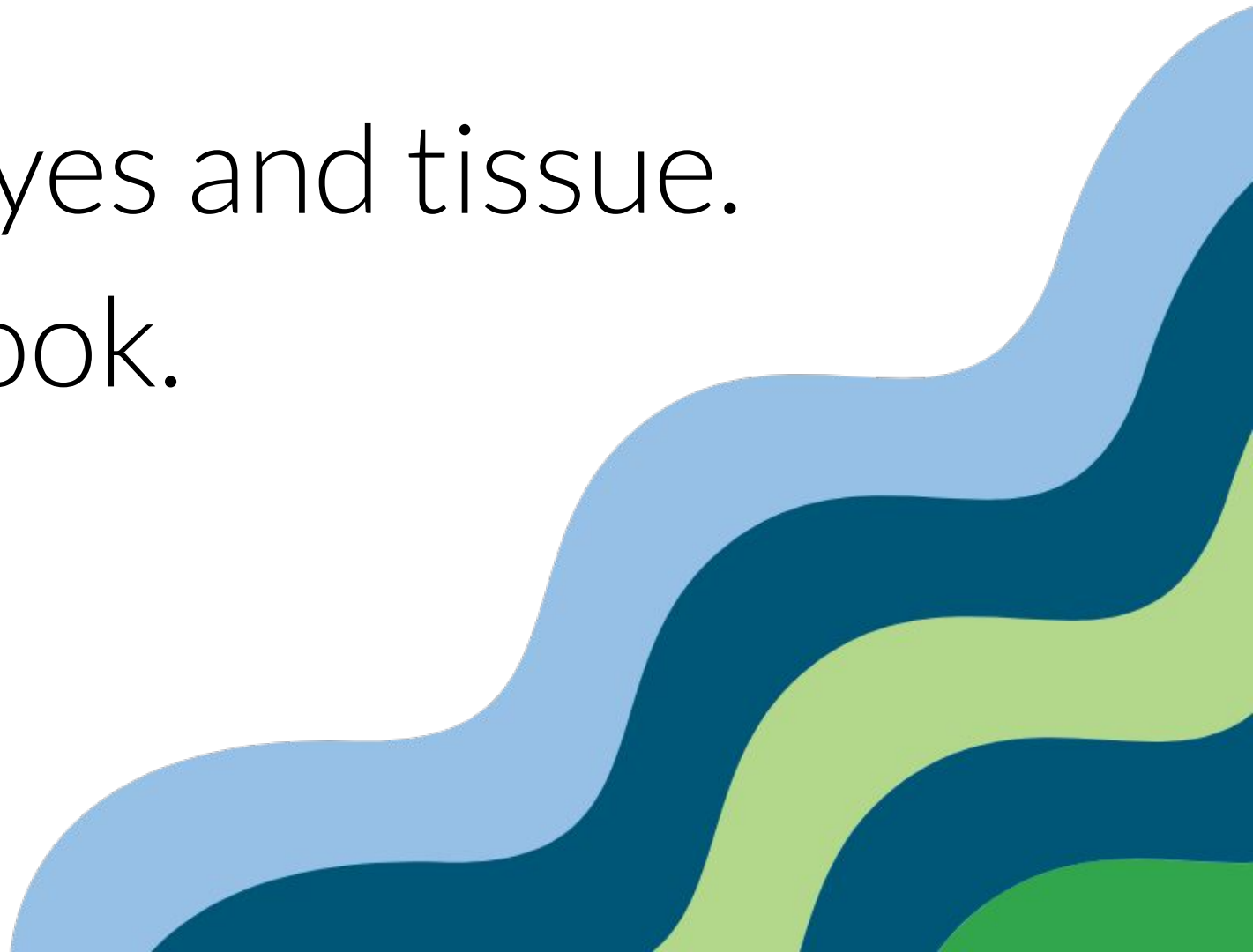
Ligaments

Patellar Tendon w/ Ligament



IMAGE WARNING

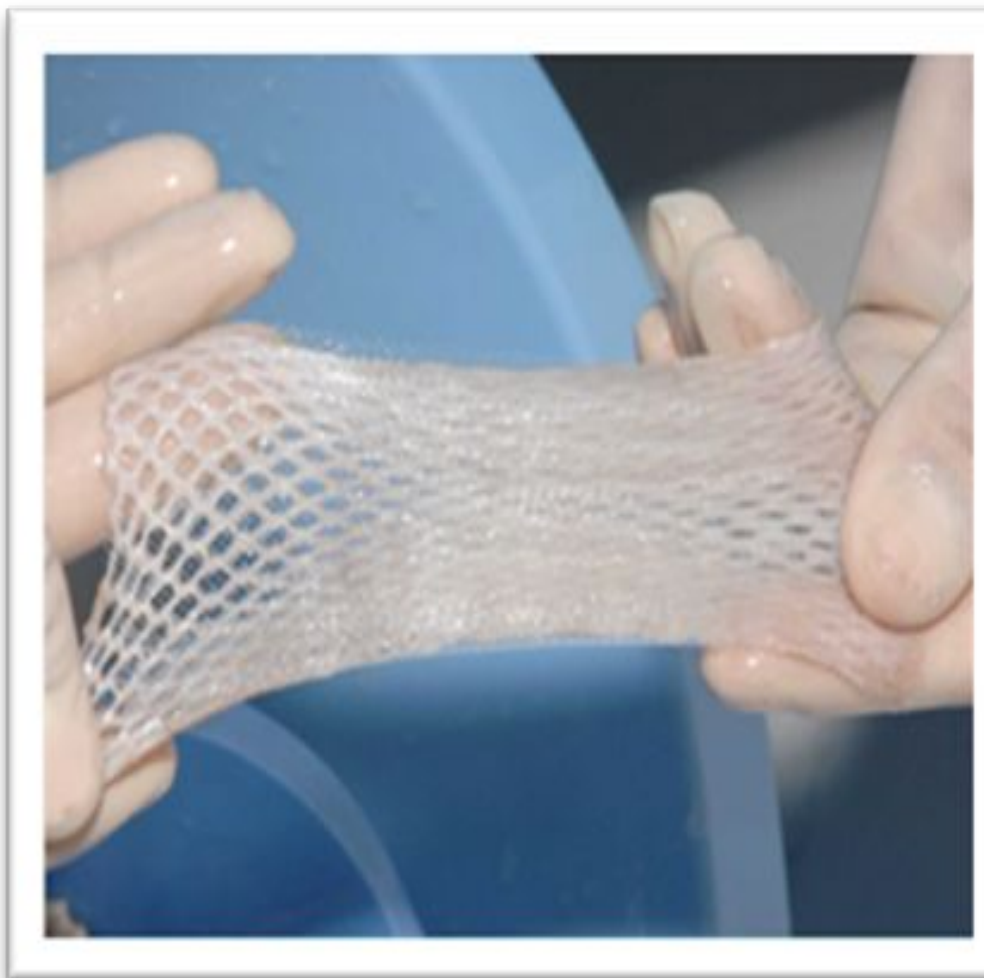
The following images are of a eyes and tissue.
You do not have to look.



Life Saving Skin

Jan's Story

- Saves the lives of people with severe burns
- Graft placed over the wound
- Prevents infection, regulates body temperature, replaces/repairs lost skin



THE IMPACT OF TENDON & LIGAMENT REPAIRS

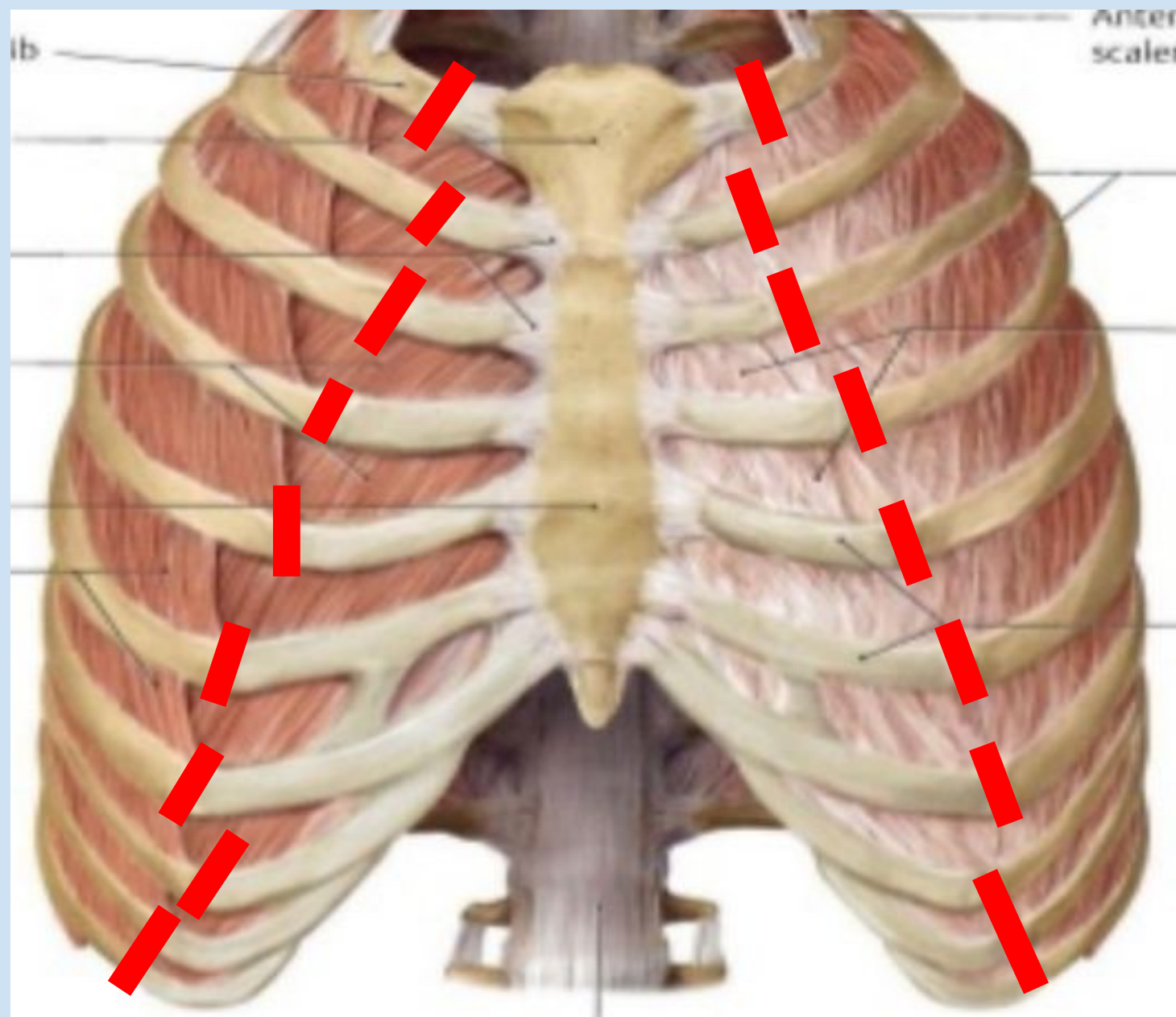
- Common: tearing an Achilles Tendon or ACL
- Athletes are susceptible, but can happen to anyone!
- Transplant may be the only option for a full recovery
- Restores mobility, eases pain, scaffolds healing



Tendons
(muscle-to-bone)



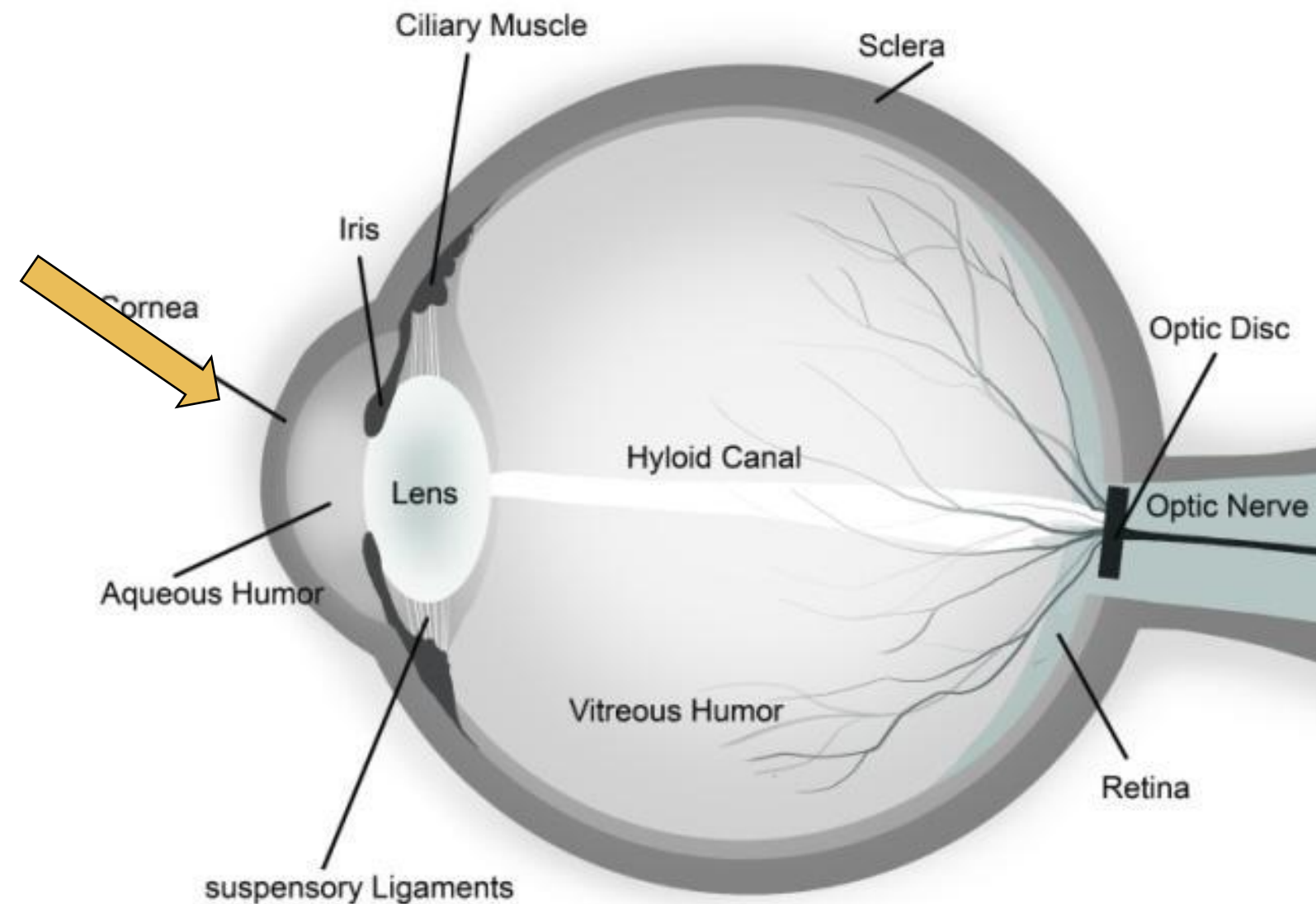
Ligaments
(bone-to-bone)



Rib Cartilage → Outer Ear Structure

Solvita

What is the cornea?



John's Story

The Impact Of Cornea Transplant



Chemical Burn



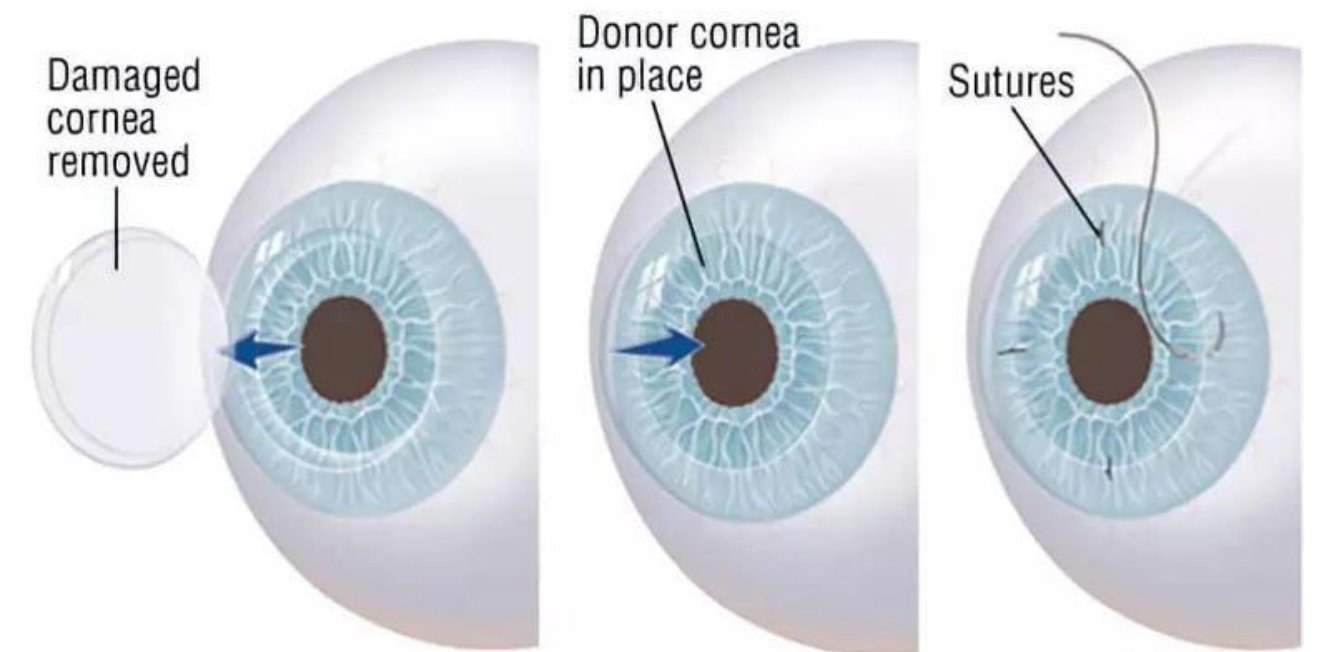
Keratoconus



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

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

Transplant Procedure



What can you donate while living?

1

A kidney, a portion of your liver, or a small lobe of the lung.

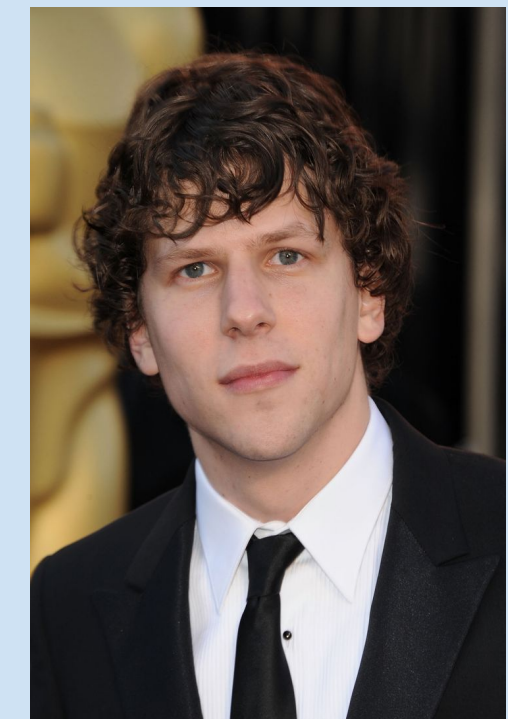
Most people are familiar with donating blood or bone marrow

2

Not the same as deceased organ donation, has nothing to do with the donor registry or registering at the DMV or online.

3

Generally must be at least 21 years old to participate.



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.





How can I register to be a donor?

You can register:

- at the DMV
- online at our website www.gorecycleyourself.com
- through the iPhone health app when you are 18.



Talk to with your family.

Although you can register your intent online at 13 in Oregon and 15.5 in Washington, your next of kin has the final say on organ, eye, and tissue donation until you are 18.

WHY PEOPLE SAY “NO” TO DONATION

Can you guess?

?

?

?

?

?

?

WHY PEOPLE SAY “NO” TO DONATION

Compromised
medical care

Religious
beliefs

Inaccurate
tv/media
portrayal

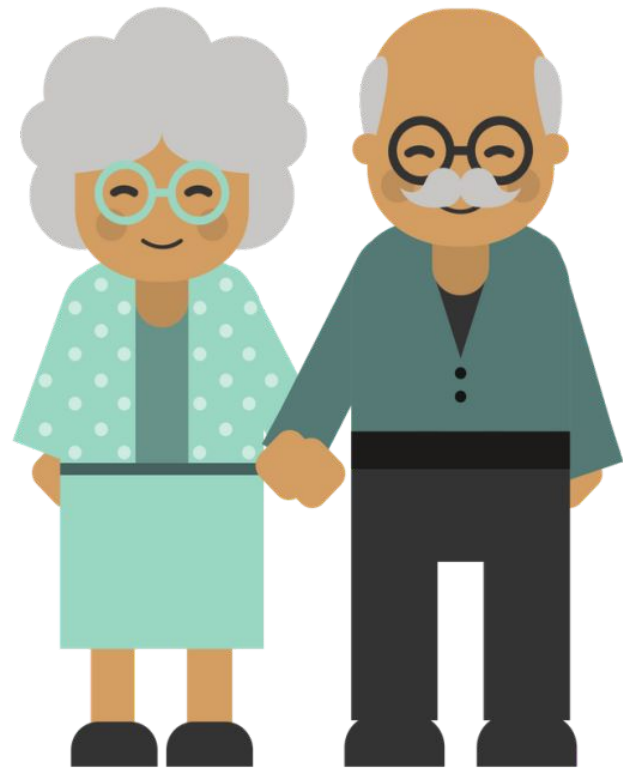
Illegal organ
trade

Worry of
additional cost

Funeral
arrangements

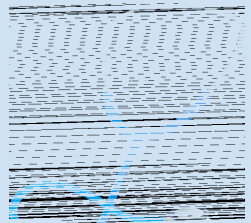
Don't think they
are eligible

True or false: Grandparents can be donors.



True. No one should rule themselves out due to age, health, medical conditions, physical ability, gender, or sexual orientation! Additionally, the criteria required for *organ* donation do not apply to tissue and eye donation.

What are some careers related to donation and transplant?



Transplant Surgeon

Case Manager

Referral Response Coordinator

Community & Outreach Education

Speciality Physician



Speciality Pharmacist

Organ Preservationist

Dialysis Clinician

Transplant Coordinator

Social Worker



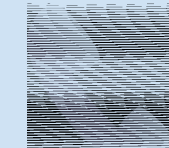
Hospital Development

Therapist

Nurse Practitioner

Dietician/Nutritionist

After Care Coordinator



Phlebotomist

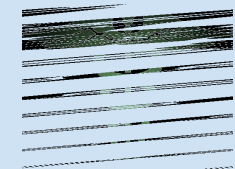
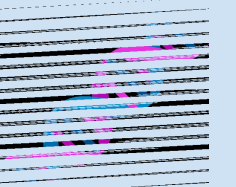
Operating Room Nurse



Physical Therapist

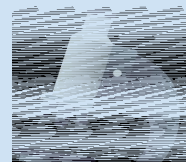
Donor Family Referral Call Staff

Immunologist



Intensive Care Nurse

Laboratory Technician



Donor Family Advocate

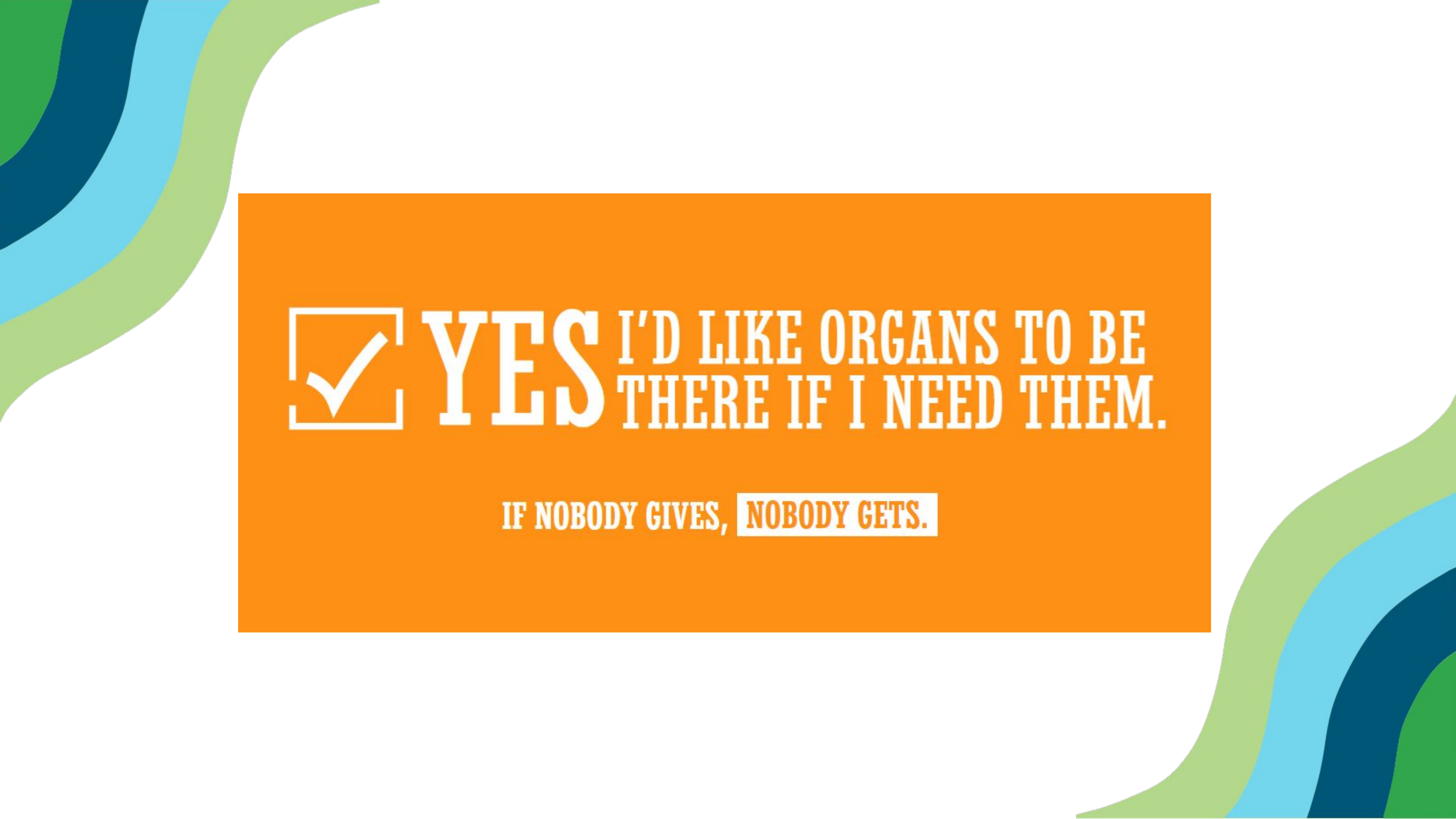


. . . . and more

Want to do more?

- Be a Go Recycle Yourself Student Ambassador
Find opportunities at: donatelifenw.org/content/students
- Join Student Organ Donation Advocates (SODA)
SodaNational.org/Students





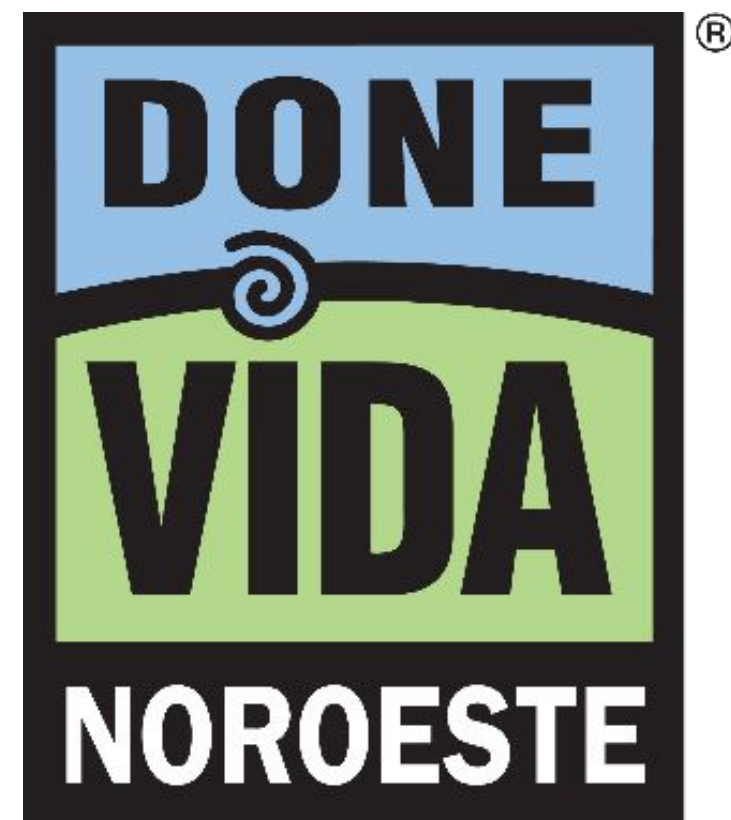
☒ **YES** I'D LIKE ORGANS TO BE
THERE IF I NEED THEM.

IF NOBODY GIVES, **NOBODY GETS.**

RESOURCE



DLNW website:
donatelifenw.org



www.DoneVidaNW.org
(en español)

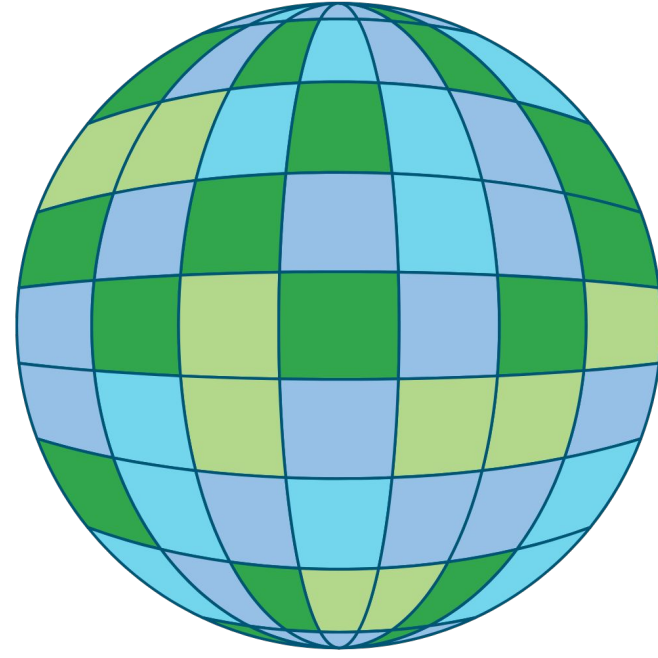
S



GRY Instagram:
[@gorecycleyourself](https://www.instagram.com/gorecycleyourself)



gorecycleyourself.com



What questions do you have?

What are you still curious
about?