



# 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 **113,000 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, **20 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.

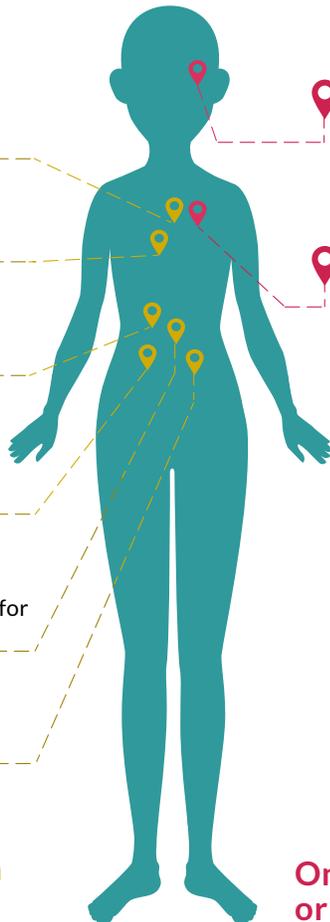
### WHAT ARE THE BENEFITS OF DONATION?

#### 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
- Intestines**  
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 ½ or older, sign up at:  
[LCNW.org](http://LCNW.org)