DONATE LIFE TODAY!

www.DonateLifeToday.com

Organ, Eye, and Tissue Donation Guide
2010

03.08.10

Statistics and Data

Over 100,000

Over 100,000 people in the United States are waiting for a life-saving organ transplant, including over 1,600 of our Northwest neighbors.

18

On average, 18 people die each day waiting for a life-saving organ transplant.

50

One organ, eye, and tissue donor can save or enhance the lives of over 50 people.

Frequently Asked Questions

Who can become a donor?
While age and medical history are factors, almost anyone can be an organ, eye, and tissue donor. Decisions about medical suitability for donation are made, at the time of death, by professionally trained and experienced medical professionals.

If I want to become an organ, eye, and tissue donor at the time of my death, how do I register?
How to become a registered donor in Montana and Washington

- Register online at www.DonateLifeToday.com
- Call toll-free at 1-877-275-5269 and request a brochure to fill out and return.
- Say YES to donation when renewing your driver's license. Residents who already have a heart on their driver's license are automatically added to the Donate Life Today Registry.

How to become a registered donor in Alaska

- Register online at www.alaskadonorregistry.org
- Call toll-free at 1-800-719-5433 and request a brochure to fill out and return.
- Say YES to donation when renewing your driver's license. Residents who already have a heart on their driver's license are automatically added to the Alaska Donor Registry.

How to become a registered donor in Idaho

- Register online at www.yesidaho.org
- Call the Idaho Donor Registry toll-free at 1-866-937-4324
- Say YES to donation when renewing your driver's license. Residents who already have the word DONOR on their driver's license are automatically added to the Idaho Donor Registry.

What organs and tissues can be donated?
Organs that are transplantable include the heart, lungs, liver, kidneys, pancreas, and small intestine. Tissues that can be donated include corneas, skin, bone, heart valves, ligaments, tendons, and veins.

Can I set limitations on the organs and tissues I would like to donate?
Saying "yes" to donation on your driver's license indicates your consent for organs and tissues, for transplant and research. If you'd like to set limits, such as ruling out specific organs, indicating transplant, research or both, you must either request a brochure or designate this online.

What if I change my mind?
Your most recent access to the registry, whether via your driver's license, brochure or online, is the information maintained in the registry. If you alter your record or decide to remove yourself, that will override any past information. To remove yourself from the registry, say no to donation when you renew your license. If you are a licensed driver from Montana or Washington, go to www.DonateLifeToday.com to remove yourself from the registry online or call the registry agency in your area to request removal.

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Where does organ, eye, and tissue donation happen?
Donation occurs at a medical facility after death is declared and consent for donation is obtained from the donor registry or the deceased's next of kin. LifeCenter Northwest works with over 200 hospitals throughout our donor service area of Alaska, Montana, North Idaho, and Washington. LifeCenter Northwest is one the 58 federally-designated non-profit organ procurement organizations (OPO) in the United States.

Does the donor's family incur the cost of donation?
There is no cost to the donor's family for organ, eye, and tissue donation. *All costs related to donation are paid by the donation agency.* Expenses related to saving the individual's life and funeral expenses remain the responsibility of the donor's family.

What if an individual registered to be a donor, but family is opposed to donation?
State and federal laws support the donor's rights. This means that if an individual has recorded their personal donation decision, it *must* be honored, whether in accordance with the wishes of their legal next of kin or not*. Information about their loved one's decision will be communicated to the family members before donations occur, and they will be supported throughout the donation process. Making sure your family is already aware of your donation decision helps to prevent more stress during their time of loss. Most families are happy to know their loved one had made a decision and want to follow through on their final wishes.
* If there is evidence that the person had changed their mind but had not documented their decision, this will be taken into account before proceeding with donation.

What is the process to determine who receives organ transplants?
When a patient needs a transplant, his or her name is added to the national transplant waiting list. United Network of Organ Sharing (UNOS), the organization in charge of the list, works with LifeCenter Northwest coordinators as organs become available for transplant. Through extensive testing, coordinators obtain information about blood type and genetic make-up for each transplantable organ. This information provides a list of suitable recipients, considering such factors as medical urgency, tissue type, length of time on the waiting list, blood type, and body size. There is no discrimination due to age, sex, race, membership, occupation or social and/or financial status when determining who receives an organ.

Aren't transplants extremely expensive?
The availability of kidneys and livers for transplants not only saves and enhances the lives of the organ recipients, but it also saves money. Studies published by the Kidney Health Policy Resource Center, the American Journal of Transplantation and others in the U.K, Japan and elsewhere have compared the cost of kidney transplants to that of lifelong dialysis. Although transplant surgery is costly one study shows that the cost of kidney dialysis treatment for as few as two years is more expensive than a transplant.

Similarly, liver transplantation is more cost effective than treating patients on the waiting list.

In a climate where medical costs are being carefully examined, increasing organ donation has a two-fold benefit: 1) people who need kidneys or liver have reduced waiting times for a transplant; and, 2) medical expenditures are reduced.

Where do organ transplants happen?
In this region, there are five transplant centers, each with programs specializing in different organs. Tissue transplants can happen at almost any hospital.

- Children's Hospital and Regional Medical Center – kidney, heart, liver, small intestine
- Sacred Heart Medical Center – heart, kidney
- Swedish Medical Center – kidney, pancreas
- University of Washington Medical Center – heart, lungs, liver, kidney, pancreas, small intestine
- Virginia Mason Medical Center – kidney, pancreas

Can the donor family meet the recipient(s)?
Organ, eye, and tissue donation is a confidential process. No pressure is placed on donor families or transplant recipients to meet or make contact with one another. Recovery organizations and the transplant centers can arrange contact if the desire is mutual.

Will doctors still try hard to save a patient who they know is a registered donor?
There is no conflict between saving lives and recovering organs, eyes, and tissues for transplantation. The doctors who work to save your life are not the same doctors involved in the recovery and transplantation. It is only after every attempt has been made to save your life – and death has been declared – that the donation process begins.

Can organs, eyes, and tissues be given to different ethnic groups or individuals of the opposite sex?
Gender does not influence the allocation of donated organs, eyes, or tissues. Although it is possible for a candidate to match a donor from another ethnic group, transplant success rates increase when organs are matched between members of the same ethnic background.

Are organs bought and sold on the black market?
According to the Uniform Anatomical Gift Act of 1984, human organs cannot be bought or sold in the United States. Violators are subject to fines and imprisonment. "Black market" sale is impossible because recovered organs must be rigorously tested to be appropriately matched to a fitting recipient. Organs are distributed according to national policy established and monitored by UNOS.

Are there religious objections to donation?
Most major religions support donation as a humanitarian act of giving. Transplantation is consistent with the life-preserving traditions of these faiths. Individuals are encouraged to consult their spiritual advisor with specific questions. To learn more about the specific statements surrounding donation visit
http://www.donatelifetoday.com/content/understanding-donation/faith-based-perspectives

How can I become a living kidney donor?
If you know someone who needs a kidney transplant, you should contact that person's transplant center. If you do not have a specific patient in mind or want to give anonymously, you can contact any of the transplant centers in our region, they all have anonymous living kidney programs:

University of Washington Medical Center
206-598-3627

Swedish Medical Center
1-800-996-7426

Sacred Heart Medical Center
509-474-4500

Virginia Mason Medical Center
1-800-354-9527 ext. 11201

Are living kidney donations successful?
Living donor transplants can provide recipients with an excellent quality of life for years. Completely matched sibling transplants often function well even after 25 years. Every year about 6,000 people give the generous gift of life as living donors. Kidney transplants are a cost effective treatment.

How can I become a whole body donor?
Whole body donation is not a program at LifeCenter Northwest. When signing up to be a registered donor, you are not signing up for whole body donation. In our donor service area there are five programs that will help you arrange whole body donation.

UW Willed Body Program
Department of Biological Structure
PO Box 357420
Seattle, WA 98195
(206) 543-1860
http://wbp.biostr.washington.edu

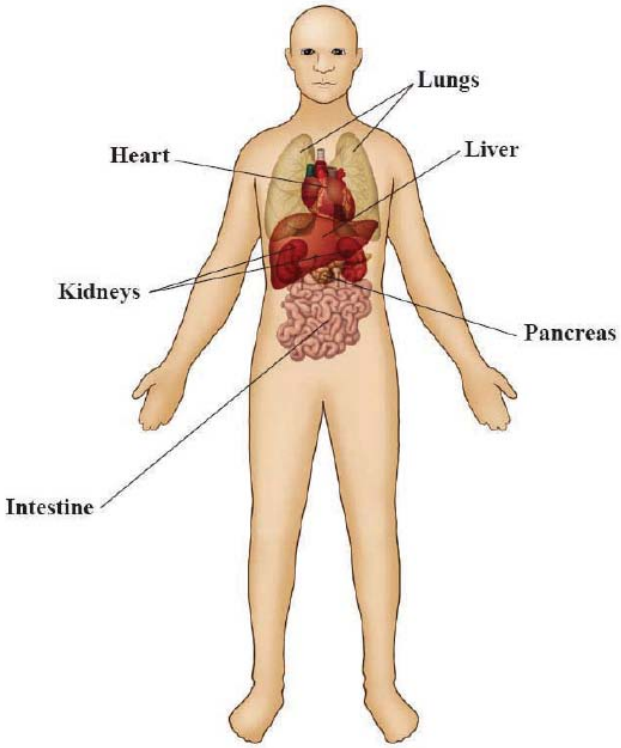
Montana State University – Bozeman
WWAMI Body Donation Program
308 Leon Johnson Hall
PO Box 173080
Bozeman, MT 59717
(406) 994-6516
www.montana.edu/wwwwami/bodydonate.html

Science Care
Anatomical, Inc.
20100 E. 32nd Pkwy Ste. 125
Aurora, CO 80011-8175
(866) 887-0900
www.sciencecare.com

Idaho State University
Anatomical Donation Program
650 Memorial Drive
Pocatello, WA 83208-8007
(208) 282-4379
www.isu.edu/bios/anatdon.shtml

University of Idaho & Washington State University
WWAMI Body Donation Program
Department of Biological Sciences
PO Box 643510
Pullman, WA 99164-3510
(509)335-2602
www.wsu.edu/~wwami/body_donor/index.htm

Information about Donated Organs and Tissues for Transplant



Heart

- The body's hardest working muscle, the heart beats 70 times each minute as it pumps blood throughout the body.
- Some conditions that can make a transplant necessary are cardiomyopathy, heart failure, myocarditis, and heart disease.
- Hearts can be preserved for 4-6 hours before transplant.

Intestine

- The intestines digest food and absorb nutrients back into the blood stream.
- Most intestinal transplants are preformed on infants and children.
- Some conditions that could make a transplant necessary are twisted or blocked intestines or short-gut syndrome.
- The Northwest developed its first intestine transplant program in 2004.
- Intestines can be preserved for 8-16 hours.

Kidney

- Blood flows from the heart through the aorta and into the kidneys, which filter wastes and excess water from the blood and balance the body's fluids.
- While waiting for a kidney transplant, many patients undergo dialysis, to clean toxins out of blood.
- Some conditions that could make a kidney transplant necessary are high blood pressure, diabetes and cystic kidney disease.
- The most commonly transplanted organ & most in need.
- Kidneys can be preserved up to 36 hours.

Liver

- The liver is a complex organ that has more than 500 known functions. It breaks down harmful substances in the blood, produces bile that aides in digestion and stores vitamins, sugars, and fats.
- A donated liver can sometimes be split between two recipients, so one donor can be the source of two liver transplants.
- Some conditions that could necessitate a liver transplant are birth defects of the liver or bile duct, chronic liver infections like Hepatitis or drug and alcohol damage.
- Livers have a preservation time of 4-16 hours; they are blood typed and matched for size and weight of donor.

Lung

- The trachea or windpipe carries air to the lungs, where alveoli-tiny air sacs that are like folded balloons-extract oxygen and exchange it for carbon dioxide.
- A single lung can save a life. One donor can be the source of two lung transplants.
- Some conditions that could necessitate a lung transplant are cystic fibrosis, pulmonary hypertension, emphysema, and pulmonary edema.
- Lungs have a preservation time of 4-6 hours; they are blood typed and matched for size and weight of donor.

Pancreas

- The pancreas produces insulin, a hormone that helps the body use glucose (sugar) for energy, and enzymes that break down fat, protein and carbohydrates during digestion.
- The pancreas controls the level of glucose in the blood. It is often transplanted with a kidney, because diabetes affects both organs.
- Conditions that might necessitate a pancreas transplant are diabetes or pancreas failure.
- The pancreas can be preserved for 2-14 hours before transplant.

Heart Valves

- Blood is pumped through the heart's four chambers aided by four heart valves that open and closed and prevent blood from flowing backward.
- Infections and aging related disease can damage heart valves, many children are also born with malformed valves.
- Heart valves can be recovered when the whole heart is determined not to be viable for transplant.
- Donated human vessels and valves are used as replacements and can mean the difference between life and death to recipients.

Skin

- About 21 square feet of skin, weighing up to fifteen pounds, covers the average adult. Skin is the body's first line of defense against microbes, and also regulates heat and fluids in the body.
- Skin can be used to aid in the healing process for severe burn victims, for those who suffer from a disfiguring injury, or disease.
- Donated skin grafts will protect recipients from infection while promoting regeneration of their own skin.
- Skin is removed from the back of the legs and the back, about the thickness of a sunburn peal.
- Donation of skin does not interfere with funeral viewing arrangements.

Upper Body Bone

- Bones consist of living protein fibers that constantly rebuild themselves.
- The humerus, radius and ulna are the bones in the arm that can be removed.
- Bones can be transplanted in order to prevent amputation, promote healing maintain mobility, and structure.
- After the bone and soft tissues are recovered, procurement technicians replace the bone with prosthetics.

Bone & Connective Tissue

- Bone and connective tissues include tendons, ligaments and cartilage.
- The gift of bone and connective tissues helps individuals with various orthopedic and neurosurgical conditions.
- These tissues will be used in a variety of back, joint, and leg surgeries such as hip replacement, knee reconstruction, and spinal fusion.
- After the bone and soft tissues are recovered, procurement technicians replace the bone with prosthetics.

Veins

- Arteries carry oxygenated blood from the heart to the rest of the body, and veins bring the deoxygenated blood back.
- Many people lose circulation in their legs, or even in their heart, due to disease or trauma.
- Donated veins are used to restore circulation in heart bypass surgeries and to avoid leg amputation for people suffering poor circulation.

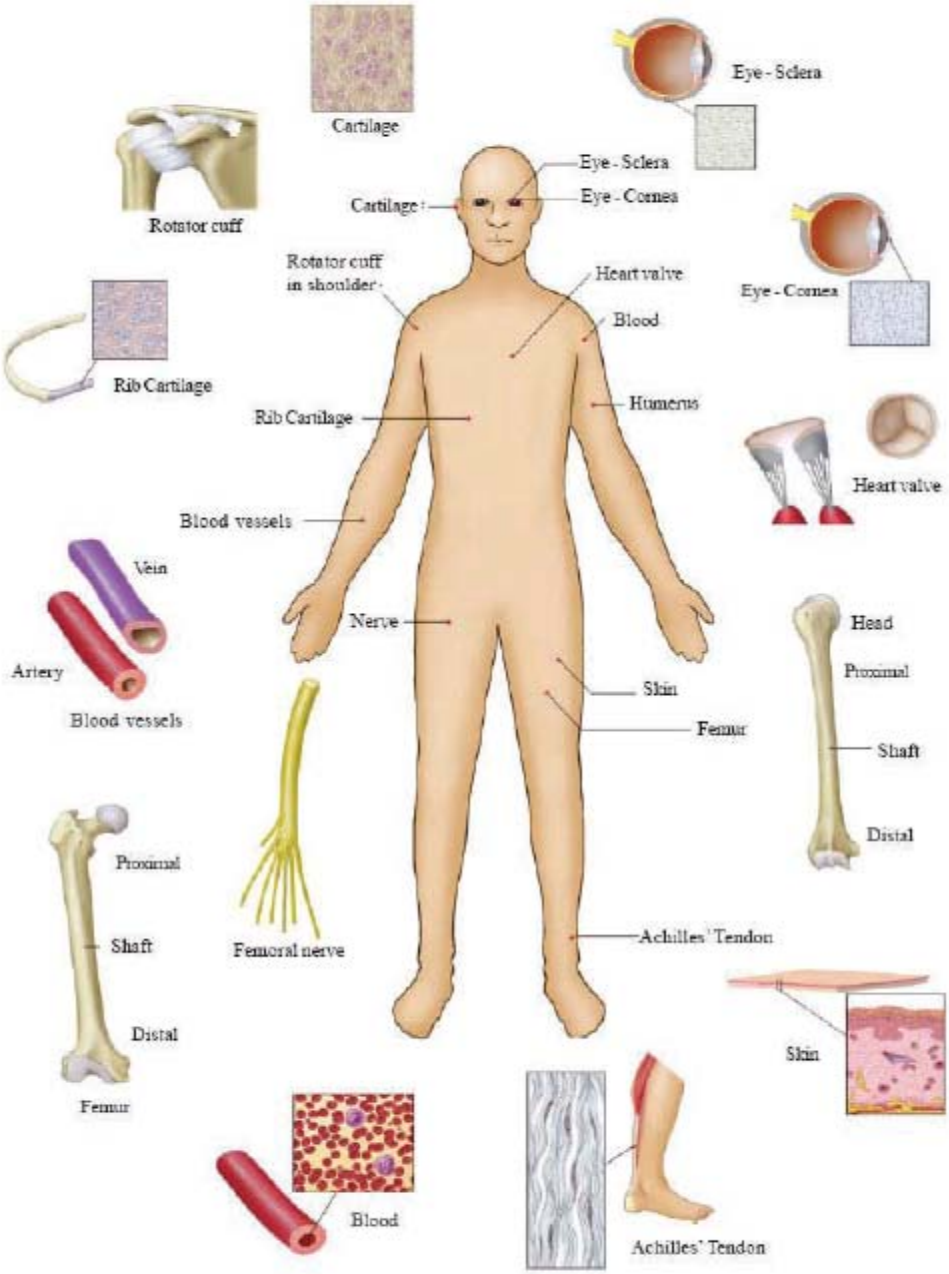
Eye

- Cornea
  - The Cornea is the clear, dome-shaped window covering the front of the eye. There are more nerve endings in the cornea than anywhere else in the body making it one of the most sensitive parts of the body.
  - Traumatic accidents to the eye, infections, and inherited eye diseases like Keratoconus are just a few reasons why cornea donation can fill such a great need.
  - Almost anyone can donate their corneas. Even individuals with diabetes or cancer.
- Whole Globe
  - After the cornea has been recovered, the sclera (the white part of the eye) can be utilized to repair eyelids and reinforce the wall of the eye.
  - Sclera can be used to repair ruptured ear drums to restore hearing.

Research

- Organs are not recovered for the sole purpose of research.
- Once removed, if the organs are found to be unsuitable for transplant or a recipient cannot be found, they may be provided for research.
- When signing up on the donor registry, you are not consenting for your entire body to be donated for research.

Additional Information About Donated Tissues for Transplantation			
Donor Tissue	**Transplanted Tissue**	**Applications**	**Benefits to Recipients**
Eye	Sclera	• Repair eyelid, reinforce wall of eye. Also used to repair ruptured ear drums.	Maintain structure. Restores hearing.
	Cornea	• Replace diseased or damaged cornea.	Prevents blindness. Restores vision.
Musculo-skeletal	Bone	• Limb sparing procedures for cancer and traumatic injuries, large bone grafts, joint replacement, hip revision, spinal fusion, dental procedures, and a multitude of other orthopedic procedures.	Avoid amputation, promote healing, relieve pain, and improve and maintain mobility.
	Tendons and Ligaments	• Ligament repair for knees, elbow, and wrists.	Restore mobility, alleviates pain and provides independence.
	Cartilage	• Repairs congenital facial defects, hand surgeries. • Used with bone for knee and joint surgeries resulting from traumatic injury or degenerative processes.	Restores facial appearance and hand function.
Cardio-vascular	Heart Valves	• Repairs congenital heart defects, traumatic injury, disease and degenerative processes.	Life saving procedure for children. An alternative to prosthetic valve transplants. Prevents need for life-long anticoagulant (blood thinning) medication.
	Veins and arteries	• Bypass surgeries • Extremity vascularization for peripheral vascular disease or traumatic injury. • Fistula repair for dialysis treatment. • Aortic and thoracic Aneurysm repair.	Utilized when the individual does not have viable autograft (their own) vessels to reconstruct vascular defect, prevents amputation; vascularization of extremity, fistula repair to enable dialysis treatments to resume
Other	Skin	• Burn care • Wound care	Skin grafts can be a lifesaving therapy - alleviating pain and helping to prevent infection and dehydration.
	Fascia	• Dura repair, abdominal surgeries, and bladder suspension.	Provides protective covering for brain with cranial surgery. Provides structure and support in some types of abdominal surgery. Restores independence in daily activities.


Cartilage
Eye - Sclera
Rotator cuff
Eye - Sclera
Cartilage
Eye - Cornea
Rotator cuff in shoulder
Heart valve
Eye - Cornea
Blood
Rib Cartilage
Humerus
Rib Cartilage
Heart valve
Blood vessels
Vein
Nerve
Head
Artery
Proximal
Skin
Blood vessels
Femur
Shaft
Distal
Proximal
Shaft
Femoral nerve
Achilles' Tendon
Distal
Skin
Femur
Blood
Achilles' Tendon

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Local Donation Resources

Organ and Tissue Donation

LifeCenter Northwest
Serving Alaska, Montana, North Idaho, and Washington
11245 SE 6th Street, Ste 100
Bellevue, WA 98004
(877) 275-5269
www.lcnw.org
www.DonateLifeToday.com

Tissue and Eye Donation

Life Alaska, Inc.
Serving Alaska
235 E 8th Avenue, Ste 100
Anchorage, AK 99501
(800) 719-5433
www.lifealaska.org

Northwest Tissue Services
Serving Montana, North Idaho, Washington
921 Terry Avenue
Seattle, WA 98104
(800) 858-2282
www.nwts.org

SightLife
Serving Montana, North Idaho, and Washington
221 Yale Avenue N, Ste 450
Seattle, WA 98109
(800) 847-5786
www.sightlife.org

National Donation Resources

United Network for Organ Sharing
www.unos.org

Donate Life America
www.donatelife.net