

## Giving of Yourself: a drop at a time



Who receives donated blood?

- Surgical patients
- Car accident injuries
- Trauma and severely injured patients
- Individuals with specific medical conditions

Donating blood is a safe process using the needles and bags only once. All blood is tested for Hepatitis, HIV, and other diseases. One pint of blood is taken at a time which is approximately 1/10<sup>th</sup> of the total blood volume. *Currently only 3 people out of 100 in America donate blood.*

Who can donate blood?

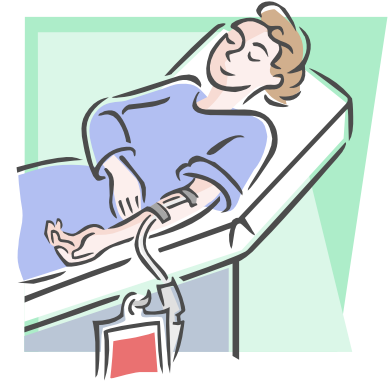
- At least 17 years old
- Weigh at least 110 pounds
- Hemoglobin of 12- a good iron level in blood
- Temporary deferral if pregnant, travel outside US to specific locations, some medical conditions

Can I direct my blood donation?

Autologous blood donations are made by the patient themselves several weeks prior to an elective surgery. Family members can also donate blood for an individual and if not used, it is released and used for other patients.

For more information go to [www.GiveLife.org](http://www.GiveLife.org)

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# Organ and Tissue Donation

Transplanted organs include: heart, lungs, liver, kidneys, pancreas, and small intestine.

Tissues include heart valves, eyes, corneas, bones and soft tissues including ligaments, tendons, and blood vessels.

- **83,000 men, women, and children are awaiting a life-saving transplant.**
- **103 people in one 24 hour period or 37,595 every year are added to the national waiting list.**
- **17 people per day or 6,205 per year die due to lack of available organs for transplant.**

Organ and tissue recovery takes place only after efforts to save a persons' life has been exhausted and death has been legally declared.

Donation does not disfigure the body and does not interfere with funeral plans and open casket services.

**Organ and tissue donation requires the consent of your family** and eligibility for donation is determined at the time of death based upon the medical condition of the body.

## **How to become an organ and tissue donor?**

1. Discuss this desire with your family
2. Sign a donor commitment card or the back of the driver's license
3. Contact [www.giftdonor.org](http://www.giftdonor.org)

*"...when you are in the service of your fellow beings you are only in the service of your God."*- Mosiah 1:49

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