



Organ Donation: Pass it On!

A gift with a major impact—one that will long be remembered with gratitude—takes just a bit of preparation. When you become an organ donor, you can save the lives of up to 8 people. And if you donate tissues like blood cells, bone or corneas, you can help even more.

Organ transplantation was once considered an experimental procedure with a low success rate. Many transplanted organs survived just a few days or weeks. But researchers have transformed transplant surgery from risky to routine. Each day, about 80 Americans receive a lifesaving organ transplant.

“The outcomes of transplantation are really so good these days that it truly makes a difference for the people who receive organ transplants,” says Dr. Sandy Feng, a transplant surgeon at the University of California, San Francisco. “The organs are clearly lifesaving.”

How You Can Help

The problem now is that there aren't enough organs to meet the demand. It's estimated that there are more than 110,000 people on the nationwide waiting list for an organ. An average of nearly 20 of them dies each day while waiting.

You can donate some organs—like a kidney or part of your liver—while you're still alive. You have 2 kidneys but really need only one. And the liver can re-grow if part of it is removed. But donating these organs requires major surgery, which carries risks.

That's why living donors are often family or friends of the transplant recipient.

In addition to organs, you can donate tissues. One of the most commonly transplanted tissues is the cornea, the transparent covering over the eye. A transplanted cornea can restore sight to someone blinded by an accident, infection or disease. Donated skin tissue can be used as grafts for burn victims or for reconstruction after surgery. Donated bones can replace cancerous bones and help prevent amputation of an arm or leg. Donated veins can be used in cardiac bypass surgery.

BECOME AN ORGAN DONOR

- **Sign up as an organ and tissue donor in your state's donor registry.** Go to: www.organdonor.gov/stateMap.asp.
- **Show your choice on your driver's license.** Do this when you obtain or renew your license.
- **Tell your family about your donation decision.** Even if you've signed up, your family is consulted before organ donation.
- **Tell your physician, faith leader and friends.**
- **Prepare and sign a living will and an advance care directive.** These legal documents can clarify your choice as an organ donor.

An average of nearly 20 people die each day while waiting for an organ.

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Autumn Salad

INGREDIENTS

- 1 medium Granny Smith apple, sliced thinly (with skin)
- 2 tablespoons lemon juice
- 1 bag (about 5 cups) mixed lettuce greens (or your favorite lettuce)
- ½ cup dried cranberries
- ¼ cup walnuts, chopped
- ¼ cup unsalted sunflower seeds
- 1/3 cup low-fat raspberry vinaigrette dressing

DIRECTIONS

1. Sprinkle lemon juice on apple slices.
2. Mix the lettuce, cranberries, apple, walnuts, and sunflower seeds in a bowl.
3. Toss with 1/3 cup of raspberry vinaigrette dressing, to lightly cover the salad.

YIELD

6 servings

SERVING SIZE

1 cup

NUTRITIONAL CONTENT

Calories	138	Total Fiber	3g
Total Fat	7g	Protein	3g
Saturated Fat	1g	Carbohydrates	19g
Cholesterol	0mg	Potassium	230mg
Sodium	41mg		

Recipe Source:
Heart Healthy Home Cooking African American Style

