

# HEALTH IN OUR HANDS!

The Arkansas State University Wellness Program Newsletter  
[www.astate.edu/conhp](http://www.astate.edu/conhp)



## Organ Donation

### Introduction

At this very moment, there are more than 114,000 people in the U.S. that are waiting to receive an organ transplant. Every ten minutes one more person is added to the waiting list. Organ donors are in short supply. There are more people needing organs than people are willing to donate. In this newsletter, I will share why it is important to be an organ donor, how the process of organ donation works, what organs can be donated, and how to become an organ donor.



### Why is it important to be an organ donor?

It is important to be an organ donor because it can save and transform lives. One organ donor can save more than 10 people. The people that are waiting for a transplant are very sick or dying

because one or more of their organs is failing. This could be a child or an older adult--the range is vast. The list of people in need continues to grow daily. Being an organ donor can be rewarding and a positive experience knowing that you were able to contribute to helping someone live a longer and healthier life.



### How Organ Donation Works

1. It starts when someone's organ begins to fail and that person will need a transplant to survive.
2. An in-depth evaluation is conducted at a transplant center. If the person is a good candidate for a transplant, they are placed on the National Transplant Waiting List.
3. The List matches people to donors with

considerations such as; blood type, body size, how sick, distance from a donor, tissue type, and time spent on the List.

4. Donors could be someone who pass away from an accident, stroke, or lack of oxygen for example.
5. Matches must be found and transplants must happen quickly.
6. The hospital contacts an Organ Procurement Organization, to check if the patient was an organ donor. If not, they will ask the family to authorize donation if they choose.
7. A medical exam and evaluation takes place and if they are suitable to be a donor, the computer begins the search on the National Transplant Waiting List for well-matched patients.
8. Recipients are called.
9. Transplant happens. A surgical team recovers the organs and tissues.
10. Organs and tissues are sent to the transplant hospitals, where the

patients are waiting to receive their new organs.

11. The wonderful gift of life is given to the patient.

### What Organs can be Donated

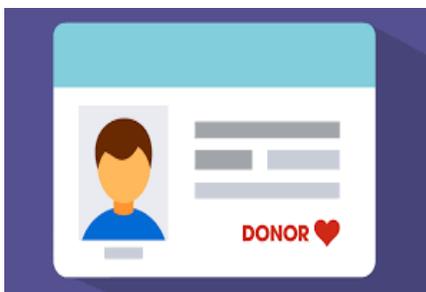
Organs can be donated by deceased donors or living donors.

Deceased organ donors can donate:

- Kidneys
- Liver
- Lungs
- Pancreas
- Intestines
- Hands
- Feet
- Eye and Corneas
- Tissues

Living organ donors can donate:

- One kidney
- One lung
- A portion of the liver, pancreas, or intestine
- Blood stem cells, cord blood, bone marrow
- Blood and platelets



### How to Become a Donor

To become a donor, there are a few different ways you can do so. One is you can register with your state's donor registry by visiting [OrganDonor.gov](https://www.organdonor.gov), or [RegisterMe.org](https://www.registerme.org). Another way is

to fill out an organ donor card when you get or renew your driver's license at your local Department of Motor Vehicles office.

Also, after registering, be sure to let your family know that you have registered, so they can support your wishes.

February 14th is National Donor Day. Share the love and register today!



### Final Thoughts

Everyone should consider being an organ donor. It only takes a few minutes. Those few short minutes to sign up may help change someone's life. Don't you want to join the movement--to help others to continue to live? Sign up today!

### References

- <https://www.americantransplantfoundation.org/about-transplant/facts-and-myths/>
- <https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/organ-and-tissue-donation>

- <https://www.organdonor.gov/about/what.html>
- <https://www.webmd.com/a-to-z-guides/organ-transplant-donor-information#3>
- <https://www.organdonor.gov/awareness/events.html>

### Other News:

\*\*If you have any suggestions for newsletter topics, please contact Dean Susan Hanrahan at [hanrahan@astate.edu](mailto:hanrahan@astate.edu).

\*\*\*\*\*

The Arkansas State University Employee Wellness Newsletter is published monthly during the academic year by the College of Nursing and Health Professions. Health questions can be addressed to Dean Susan Hanrahan, Ph.D., ext. 3112 or [hanrahan@astate.edu](mailto:hanrahan@astate.edu). Produced by Katie Axson, physical therapy student in the College of Nursing and Health Professions, Doctoral Physical Therapy Program.