



North Carolina

You have the power to save lives.

Register Online

Donation
Spotlight

North Carolina's current organ donation designation rate is 50.66%! Thanks to you for asking the question that leads to saving lives! Learn more about organ and tissue donation at www.donatelifenc.org.

You Can Help

Visit donatelifenc.org/you-can-help to find out how.

Heart Transplant Sparks Life Changes

Article by Sharon Hirsch, Executive Director, Donate Life NC



Ten years of progressive weakness due to cardiomyopathy kept Al sick and tired. Near the end of it, he could barely breathe after a few steps, didn't have the energy to dry off himself after a shower and could not walk to the end of his driveway to get the newspaper. He was taking multiple medications to keep his heart working, but he was not able to do much of anything at all.

On July 7, 2011, he was admitted to UNC Hospital as an official candidate for a heart transplant. Just 17 days later on July 24, he received a new heart from a young, Hispanic man from Orlando, Florida. He received word at 5:30 p.m. that a heart was a match and was in surgery by 4:00 a.m. the next day." I had often visualized what it would be like for them to take out my old heart and put in another one. In all honesty it terrified me. But when the time came, my faith in God and the prayers of my family, friends and people I did not even know filled me

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Did You Know...



Eating a diet rich in vegetables, fruits, lean protein and whole foods can help keep all your organs healthier?

Kudos to the City of Durham for providing free city bus service on Saturdays to local area farmer's markets. Durham is taking positive steps to make sure all its citizens have access to healthy foods!

Make a Financial Contribution Online

www.donatelifenc.org

Update Your Road ID!

Walking, running and hiking can greatly benefit your heart and cardiovascular system! Wearing some form of identification can help save EMS or rescue personnel valuable time if you are hurt or have a medical emergency.

Make sure any Road ID or other identification includes your name, address, emergency contact and blood type. You can also include a line to indicate whether you have allergies or are a registered organ donor!

Age Not a Factor in Organ Donation

This is an excerpt from an article written by Tammy Dunne in April 2013.

Have drivers at your site ever joked, "You don't want my organs, they're too old!"?

That can be an awkward question to address! Here is some information to help assure drivers that age is NOT a factor in organ donation.

- In North Carolina, less than half of the 4.5 million registered organ, eye, and tissue donors are 50+.
- In North Carolina, 60% of those awaiting a transplant are 50+.
- At age 65, the average life expectancy is an additional 19 years.

There is no age limit for registering as a donor, just as there is no age limit on giving, advocating, or volunteering. Men and women can be donors even if they have diabetes, high blood pressure, a history of cancer, or take medications. They receive the same medical care in hospital as non-donors. Organ donation does not cost donors, their families or their estates. All major faiths support organ donation as an act of charity and organ donation does not interfere with funeral arrangements.

Becoming a donor can have real, long-lasting, and immediate impact on the lives, families and our community! No age limit involved!

Here's An Idea!

It's the high point in tomato season in much of North Carolina. Use this easy recipe to make heart-healthy, no sugar tomato sauce!

1. Pre-heat oven to 400 degrees. Line a baking sheet with foil.
2. Trim tomatoes and chop into rough pieces. Add to the baking sheet along with peeled, minced garlic.
3. Drizzle with olive oil and roast for 2-2 1/2 hours or until tomatoes are slightly charred and soft.
4. Put tomatoes and garlic in a blender and process. Voila!



Online Registration Coming in 2014!

Later this year, the DMV will unveil a new, online driver license renewal program. Donate Life NC is thankful that the new system will also include information for drivers to register for the organ donation registry. Thank you to everyone who continues to make it possible for North Carolinians to quickly and easily register to give the gift of life!

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Follow Donate Life NC!

Follow Donate Life NC on social media and keep up with all the latest research, ideas, meetings and initiatives to increase our donor registrations! Check out these sources for up-to-date information!

- Facebook
- Twitter
- Instagram

Life Changes *(Continued from page 1)*

with a peace that calmed my fears.”

Al has never forgotten that a mother and father lost a son so that he could live.

In gratitude for the gift of life, Al has been determined to take better care of his new heart than he did his old one. When he walked out the hospital just eight days later on August 1, he didn't know it, but he'd walk and soon run nearly every day afterwards. And, while the doctors told him he could go off the low salt diet and “eat again” post-transplant, Al told his wife he had a responsibility to take care of his new heart.

Today, Al is about 90 pounds lighter than he was in 2011. He walks or runs 5 miles a day, averaging 35 miles a week! He eats right and takes such good care of himself and his new heart that another was so generous to give, that he no longer has diabetes!

Al considers his transplant to be the spark for a life-changing transformation. He says before he got sick, he sometimes wondered does prayer really work, but during the time leading up to his transplant, he could feel the love and support of those who prayed for him. He's even written a chapter of a new book, *Transform*, about people who have experienced events that have transformed their lives (it will be published in the fall of 2014).

When asked why someone should consider registering as a donor, Al quickly replied, “We are all our brother's keeper. It's the greatest act of love to give the gift of life. There's no greater proof than that right there.”



Curriculum Materials Available for Teachers!

Donate Life NC has a wonderful, new, FREE curriculum packet for health and driver education teachers at the high school level.

The materials provide user-friendly information, inspirational stories, and facts students can use to make informed decisions about whether or not to register as an organ donor.

Refer teachers to Deanna Mitchell at dmitchell@donatelifenc.org

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Did You Know...

All major faiths worldwide have statements supporting organ and tissue donation as an act of charity. Some drivers may come to your site thinking their religion prohibits organ and tissue donation, but this may not be true.

For a complete list of worldwide faiths that embrace organ and tissue donation, go to www.unos.org.

A New School Year Means New Drivers!

The big, yellow school buses will be rolling out soon and as this school year begins, Donate Life North Carolina will be reaching out to a new class of high school students ready to get their first drivers license! Our hope is that part of every driver education class will include meaningful conversations about North Carolina's organ donation registry and the Heart Prevails legislation.

Donate Life NC was proud to be represented at several teacher training programs this summer. Ninety six teachers received our educational materials, including reusable handouts, classroom ideas, the *Stories of Hope* DVD and the new *Your Decision to Donate* DVD. The response from teachers was enthusiastic!

Our goal is to make sure every student getting their driver license has the information necessary to make an informed decision about their choice before they are asked the question, "Would you like to register to be an organ donor?" Stay tuned for more exciting outreach to teens in coming months!

Nov. 14-16 is National Donor Sabbath!



During National Donor Sabbath, faith leaders from many religions, donor families, transplant recipients, and donation and transplantation professionals participate in services and programs to increase awareness of the need for the lifesaving and enhancing gifts passed to others through transplantation and encourage people to sign up in their state registry as organ, eye, tissue, donors.

Today, most faith communities are supportive of organ donation and the individual choices of its members. Many view donation as an act of compassion and generosity. Carolina Donor Services can provide you with resources such as sample sermons, scripture references, program inserts, and even guest speakers to help you deliver the important, life-saving message to your fellowship. Help your congregation be able to make informed decisions about organ and tissue donation and share the gift of life by participating in Donor Sabbath. For more information, please go to <http://carolinadonorservices.org/clergy>.

Information provided by www.organdonor.gov and Carolina Donor Services.