Every day about 63 people receive an organ transplant, but another 16 people on the waiting list die because not enough organs are available. Approximately 80,000 patients are waiting for organ donations at a time when the United States is experiencing a critical shortage of organs - 2,000 more are added to the national waiting list every month.

According to a national Gallup poll, the majority of Americans are in favor of organ donation, and yet most do not take the appropriate steps to become donors. People often lack the information they need to make a personal decision about becoming a donor or they do not express their wishes to their family members. And yet, someday, each of us has the ability to help up to 50 people in need simply by becoming an organ donor and discussing our decision with family members.

U.S. Bank has joined other employers and the U.S. Department of Health & Human Services in a cooperative effort to educate employees about the importance and value of organ donation. This national initiative, referred to as the Workplace Partnership for Life Program, creates a network of employers who are raising awareness about the value and importance of being a donor.

This brochure is intended to help you and your family members make an important personal decision that could positively impact many other people as well as their families. There are a variety of ways to help - become an organ and tissue donor; become a bone marrow donor; donate blood; consider a living donation; become a volunteer for a donor agency or provide a financial contribution to support the donor process.
Organ and Tissue Donor

Death is always an extremely difficult event for family members. The donation of organs and tissues may be the only positive event that can come from a devastating one. But organ donation does not have to be a decision made solely in crisis situations. Making an educated decision now may mean life for someone else later. Here are a few facts about organ donation:

- Anyone, regardless of age, race, or gender can become an organ and tissue donor. At the time of death, your medical history is reviewed to determine whether or not you can be a donor.
- The heart, kidneys, pancreas, lungs, liver and intestines can all be transplanted, as can heart valves, bone, bone marrow, skin, tendons and corneas. You may specify what you want to donate, but you must inform your family members so they can carry out your wish.
- The donor’s family does NOT pay for the cost of the organ donation. They also will not receive any payment or compensation for the donation. All costs related to donation of organs and tissues are paid by the recipient, usually through insurance.
- The national Organ Procurement and Transplantation Network matches donated organs with patients on the national waiting list, taking into account such factors as blood type, body size, severity of illness and length of time on the list.
- Signing a donor card or indicating your donor preference on your license may not be sufficient to carry out your wishes. Your family members may be required to sign a consent form prior to the donation and if they are not clear about your wishes, they may not consent to the process. Although laws technically allow the donation to occur without family consent, in practice this is rarely done. In most states, hospitals and physicians defer to the remaining family members.
- Donation does not affect funeral and burial arrangements. A person may make any burial arrangements desired, including a traditional open casket funeral. For more information about becoming an organ donor, contact the U.S. Department of Health and Human Services or visit their Web site at www.organdonor.gov.

Bone Marrow Donor

Each year, more than 30,000 children and adults in the United States are diagnosed with life-threatening blood diseases, such as leukemias, lymphomas, or anemias. Many can be cured with a marrow or blood stem cell transplant. However, only 30% of patients who need a transplant have compatible family donors. Others need a donor from the general population and the possibility of a match is less than 1 in 20,000 - certain genetic make-up can significantly reduce the probability of a match even further. Fortunately, the process and success rate of bone marrow transplants have advanced dramatically, making it easier than ever for people to become donors. Here are a few facts:

- Bone marrow contains stem cells that are critical for life. For example, they continually produce red blood cells which carry oxygen; white blood cells which help fight infections; and platelets which act as clotting agents to stop bleeding. Diseases that interfere with this process can be fatal. While the disease can be temporarily treated with chemotherapy, only a bone marrow transplant acts as a potential cure for the disease.

- Your heart could beat for someone else.
- Your lungs could breathe for someone else.
- Your kidneys could free two people from dialysis.
- Your pancreas could free two people from dialysis.
- Your liver could save the life of one or possibly two patients awaiting transplantation.
- Your corneas could give sight to two people.
- Your bone could help repair other peoples’ damaged joints.
- Your skin could help heal many burn victims.
- A portion of your intestine could be transplanted and resected to another.
- Your bone marrow could transplant healthy bone marrow to a patient with deficient bone marrow function.
• The National Marrow Donor Program facilitates unrelated marrow and blood stem transplants for patients with life-threatening blood diseases by recruiting donors and maintaining a registry of 4 million volunteer potential donors. More than 100 patients receive stem cell transplants each month - however, many more are waiting for a potential match.

• The first step to becoming a donor is to join the National Marrow Donor Program Registry which requires only a blood sample. Generally, a person of any race, ethnicity or gender who is 18 to 60 years old and in generally good health can become a volunteer donor. Your blood is then typed. At some point, if you are identified as a match, the Registry will contact you for a further blood sample, an educational consultation and a physical evaluation. At that time you may determine if you are interested in becoming an actual donor.

• There are two ways to collect stem cells - from the blood stream or from bone marrow:

  1. The first process involves a peripheral blood stem cell (PBSC) donation as an alternative to bone marrow. This process requires four to five injections of Filgrastim, a stem cell growth medication that increases the number of stem cells released from your marrow into your blood stream through an apheresis procedure. The apheresis procedure is done at a blood center where your blood is removed through a sterile needle placed in a vein in one arm and passed through an apheresis machine that separates out the stem cells. The remaining blood, minus the stem cells, is returned to the donor through a sterile needle in the other arm. While there may be some bone pain from the drug, the effects generally diminish over one to two days.

  2. The second procedure is a surgical procedure that occurs in a hospital while you receive regional or general anesthesia. Part of your marrow is removed from the back of your pelvic bone using a sterile needle and syringe. Most donors have some bone pain and aches for several days or a few weeks. Marrow naturally replenishes itself within four to six weeks.

U.S. Bank has provided funds to the National Marrow Donor Program to cover the costs associated with blood typing for more than 100 employees. If you are interested in joining the National Marrow Donor Program Registry contact a donor center in your location. Donor centers are listed geographically by state by going to www.marrow.org. In addition, a number of markets will have specific drives which will allow employees to conveniently have their blood typed. Watch for further information in your local market.

Blood Donor

Many Americans nationwide have been donating blood - particularly since the terrorist attacks on September 11. Yet, despite the need and heightened awareness, less than 5% of those who can give actually do. The American Red Cross works to ensure the safest possible blood is readily available whenever and wherever needed - for the military, for other blood centers and for all 5,000 of America’s hospitals. Consider the following facts about donating blood:

• People in good health who weigh at least 110 pounds can donate a unit of blood as often as every eight weeks (some states are more restrictive about the amount donated in a 12-month period).

• Donating blood is a safe process. Each needle used in the procedure is sterile and is discarded after a single use.

• The Red Cross screens all donors and conducts up to 12 tests for infectious diseases, including AIDS, hepatitis, syphilis and leukemia. If testing indicates a unit of blood may pose a threat, it is destroyed and the donor is disqualified from further donations. The Red Cross discards about 2% of the blood it collects - even though only a fraction of those units pose a true health risk.
• The risk of receiving an HIV positive unit of blood through a blood transfusion is 1 in 1.5 million today.
• The actual process of donating takes approximately 8-10 minutes and each blood donation has the potential for saving up to three lives.
• In addition to partnering with U.S. Bank to provide on-site blood drives in some U.S. Bank markets, the Red Cross partners with an extensive network of groups committed to saving lives, including high schools, colleges, churches, and other community organizations who sponsor local blood drives. People can also donate blood at Red Cross Blood Centers.

U.S. Bank is sponsoring blood drives in major markets so watch for further information for your location. For general information about donating blood, contact the American Red Cross or visit their Web site at www.redcross.org.

Living Donor

Living donation takes place when a living person donates an organ (or part of an organ) for transplantation to another person. This type of donation is frequently a directed donation which comes from a family member, relative or friend. However, a non-directed donation, which comes from a stranger, is also possible. Here are a few facts about living donations:

• The kidney is the organ most commonly donated by a living donor, since people have two kidneys and only one is required to live a normal life. However, parts of other organs, including the lung, liver and pancreas are now being transplanted from living donors.
• Transplants performed from living donors are advantageous in that they generally are donated by a family member who is genetically similar. In addition, an organ from a living donor usually functions immediately, making it easier to monitor.
• Transplantation is highly successful and success rates continue to improve, however problems do occasionally occur. For example, sometimes a kidney is lost to rejection, surgical complications or as a result of the original disease that caused the health problem.

If you are considering becoming a living donor, you should get as much information as you can about the type of organ transplant you are considering before making a final decision. You will want to understand the surgical procedure, the recuperative period, short- and long-term follow-up care, potential complications, medical uncertainties and the potential impact of donation upon your lifestyle. For more information about becoming a living donor, contact the Coalition on Donation or visit their Web site at www.sharyourlife.org.

What You Can Do to Make a Difference

• Complete an organ donor card and carry it with you at all times. Have two people witness your signature. Determine if and how your local motor vehicle department will indicate you are a donor on your driver's license.
• Discuss your decision with your family members and give them a duplicate of your signed organ donor card. If you haven’t told your family you are an organ and tissue donor - you’re not.
• Determine if other forms of donation are right for you, such as donating blood, bone marrow or becoming a living donor.
• Contact your local donor organizations and volunteer. You may be able to hand out brochures at a health fair or speak at local events.
• Contribute financially. Your tax-deductible contribution can help donor organizations in their mission to educate the public about organ and tissue donation, correct misconceptions about donation and create a greater willingness to donate.

U.S. Bank conducts blood and bone marrow drives in a number of major markets. Watch for local announcements about drives in your specific location.
Resources for Additional Information
The information in this brochure came from the web sites previously mentioned. In addition to those, there are a number of other resources that provide information about organ donation, including:

American Medical Association
ama-assn.org

Organ Procurement and Transplantation Network
optn.org

Association of Organ Procurement Organizations
organdonation@aopo.org

American Lung Association
lungusa.org

American Liver Foundation
liverfoundation.org

National Kidney Foundation/National Donor Family Council
kidney.org

Lifenet
lifenet.org

Organ/Tissue Donor Card
Please share your wishes with your family.

Organ/Tissue Donor Card
I wish to donate my organs and tissues. I wish to give:

☐ any needed organs and tissues ☐ only the following organs and tissues:

__________________________________________ Date __________
Donor Signature

__________________________________________
Witness

__________________________________________
Witness