

# Become an organ donor



One organ donor can save up to seven lives. Think about it: with just one decision, which only affects you after you're gone, you've given seven people a second chance at life. One simple act; one incredible legacy.

## Who can be an organ donor?

Anyone under the age of 70 who is in good health, and has no sign of cancer, diabetes, hepatitis B, or infectious diseases such as HIV & AIDS can become an organ donor. Anyone younger than 18 years will need permission from their parents.

Kidneys, heart, liver, lungs, corneas, bone, bone marrow, and skin can all be transplanted.

## How do I become an organ donor?

In South Africa, you can register on the Organ Donor Foundation website ([www.odf.org.za](http://www.odf.org.za)). Once you have registered, the foundation posts you a card that you need to keep in your wallet and some stickers to place on your driver's license and ID.

If you are certified brain dead, a transplant coordinator will have to contact your next-of-kin for their permission to harvest your organs. South African law states that the permission of your next-of-kin is required for organ harvesting (the extraction of your organs from your body) to take place. For this reason, if you wish to become

an organ donor, it is very important for you to express these wishes to your family.

## Why is it so needed?

Thousands of mothers, fathers, brothers, and sisters will die unless they receive an organ donation. At present there are more than 4 300 South African adults and children awaiting organs.

Finding the right match is also difficult – when there are advertisements requesting more organ donors, this is because there are more people requiring organs than there are available organs and the more donors there are, the greater the chances of finding a suitable match.

## Would a transplant patient ever know who the donor was?

No, confidentiality is always maintained except in the case of living donors where transplants are done within the same family.

Organ transplantation is a procedure that allows people a second chance at life. Why don't you sign up today?

