



You've got what it takes **to be a hero!**

Find out how you can help others by registering as an organ and tissue donor.

Register today, **save lives** tomorrow.

You can help many others.

There is something truly empowering about doing good, isn't there? That feeling you get when you're doing something kind or helpful for someone else, without expecting anything in return, is pretty magical.

By registering to become an organ and tissue donor, you can leave a lasting gift of hope and life for someone else.

Who can donate?



Everyone



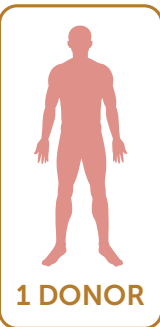
Between the ages of 16 and 80 years



Healthy and free of serious transmittable diseases and cancer



Eighty-five percent of people who die, can help others through tissue donation



Tissue donation can improve **65+** lives



What types of tissue can be donated?

Bone, corneas, heart valves and skin can be donated when you pass away. People who undergo hip replacement surgery can also donate the piece of bone (the femoral head) that is removed during the procedure.



Bone



Corneas



Heart Valves



Skin

Use your power
to do good



How can tissue donation help others?

- Donated **bone** can prevent amputation, restore mobility and decrease pain.
- Donated **corneas** can replace diseased corneas, restore vision and prevent blindness.
- Donated **heart valves** can save a life by improving heart function.
- Donated **skin** is used to save the lives of burn victims, and can prevent infection, promote healing and reduce scarring.

Everything you need to know about tissue donation.

When can one donate tissue?

Except for femoral head donation which happens during surgery, all other tissue donation happens after you have passed away.

Will my body be treated with respect?

Absolutely. The recovery technician will conduct the tissue recovery in a dignified, respectful manner, adhering to international standards and a strict ethical code of conduct. Donor bodies are not disfigured in any way and an open casket funeral is possible after tissue recovery.

Will donation affect my funeral?

No, it won't. The process has no impact whatsoever on funeral arrangements or timing.

Does tissue donation cost anything?

There's no cost to your estate, medical aid or family. Your family will also not receive any compensation for donating your tissue. Should the tissue be unsuitable for transplantation, it will be cremated at Vitanova's cost.

What do I need to do now?

Discover

Make sure all your questions are answered. Information about organ and tissue donation can be found at:

www.vitanova.org.za | www.odf.org.za

Call us on +27 87 068 8000 or email donation@bonesouthafrica.co.za



Decide

Donation is a deeply personal choice. Once you have decided to donate, register as an organ and tissue donor with the **Organ Donor Foundation (ODF)**.

Complete the Quick Registration Form at www.vitanova.org.za and submit.

A representative from the ODF will contact you telephonically to complete your registration.



Scan the code for the Quick Registration Form



Discuss

Talk to your family. Explain the reason for your decision and tell them about your choice to gift life to someone else, when you pass away. It will make it easier for them to give consent when you are no longer here.

And while you are still here – **TALK TO EVERYONE!**

Tell people about your decision to make a difference. The only way to help the thousands of people waiting for organ and tissue donation, is if EVERYONE is informed and can make the choice to help save lives.



Use your power
to do good

