

# Live. Love. Share.

**T**he Record's Newspaper In Education Program is working with NJ Sharing Network to present a special series for students, as well as adults. This series will examine organ and tissue donation from different angles, and may benefit classes studying medical issues, STEM subjects, as well as contemporary issues.

## *Saving lives through organ & tissue donation*

### **"Why are tissue transplants necessary?"**

More than 1.5 million Americans have their health restored each year through tissue donation. One tissue donor can provide up to 50 life-enhancing transplants. Potential tissue donation includes bones, veins, skin, corneas, heart valves and tendons. Medical conditions such as severe trauma, degenerative joint disease, arthritis, burns, sports injuries, birth defects, some cancers and other conditions require the use of donor tissue.

### **"Hero's Corner":** *Michelle Brugger*

"I have always loved to play sports. When I ruptured my ACL, I wasn't sure if I'd have an athletic future. I needed my ACL reconstructed. I have always appreciated all the work my doctor and physical therapists did to help me return to all the activities that I love so much. My replacement ACL was from a tissue donor. I received the gift of function! I knew my new ACL came from someone who had died, but I took for granted what exactly that meant. Now I tell people that I am a tissue recipient and received the gift of life, the gift of function from a very special person. Before I train, I give a little wink up above to remember the brave person who donated the gift of life and function to me and so many others.



Michelle Brugger,  
Owner of Martial Arts for Life,  
New Providence, NJ

### **Today's Exercise:**

Look through the Sports section of the newspaper. Find articles on athletes who have been injured and who might benefit from donor tissue.

### **"What Can I Do?"**

Use social media to let your family and friends know what organ & tissue donation means to you



For more information and age-appropriate educational materials, or to become a registered donor, visit [www.NJSharingNetwork.org](http://www.NJSharingNetwork.org) or call 800-742-7365.