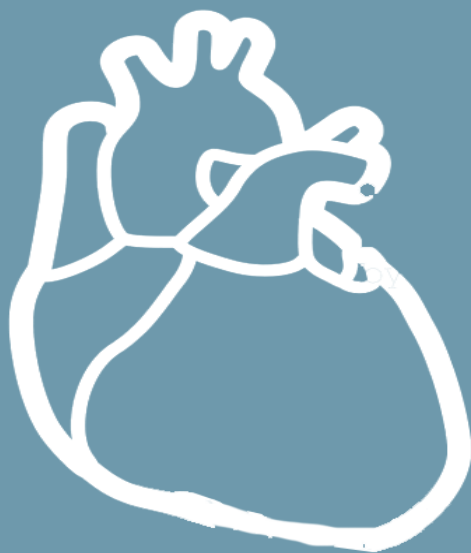


ORGAN DONATION

 IN SWEDEN 

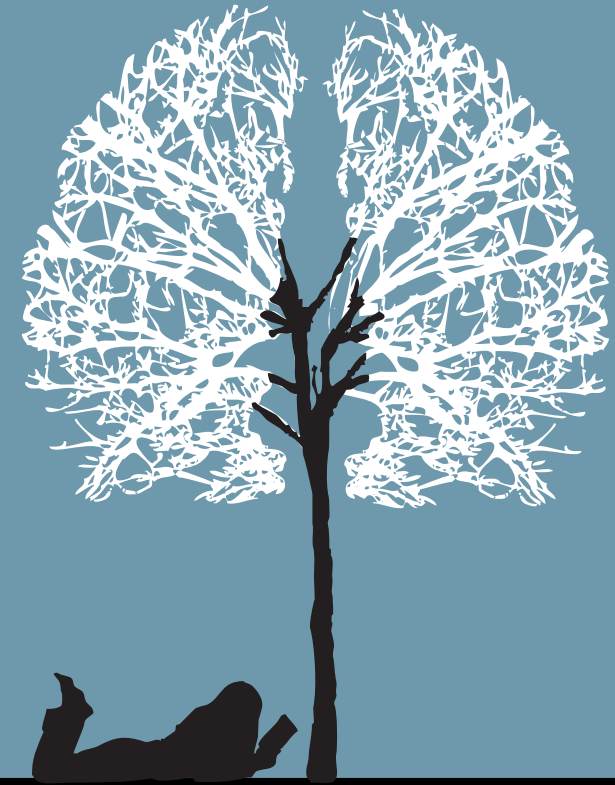


ANSWERS TO HOW
ORGAN DONATION
WORKS

WHO CAN BE
HELPED BY AN OR-
GAN TRANSPLANT?

WHO CAN
BECOME
A DONOR?

ORGAN DONATION SAVES LIVES



THE HEALTH CARE PROFESSIONALS MAKE EVERY EFFORT TO SAVE A LIFE, REGARDLESS OF THE PATIENT'S ATTITUDE TO ORGAN DONATION. IN THE CASE WHERE A PERSON'S LIFE STILL CANNOT BE SAVED, AND HE OR SHE IS DECLARED DEAD, THE ISSUE OF DONATION ARISES.

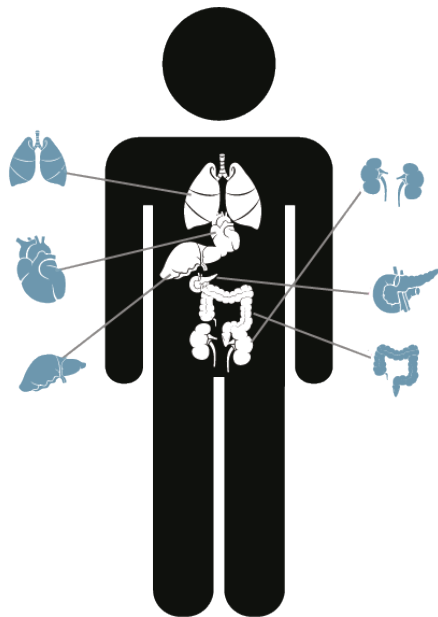
DONATION

AND

TRANSPLANTATION

THE WORD "DONATION" MEANS "A GIFT". ORGAN DONATION MEANS THE GIVING OF ONE OR SEVERAL ORGANS AS A GIFT. YOU CAN ALSO DONATE TISSUE.

TRANSPLANTATION MEANS TRANSITION OF ORGANS OR TISSUES FROM ONE BODY TO ANOTHER IN ORDER TO REPLACE THE RECIPIENT'S DAMAGED OR FAILING ORGAN WITH THE DONOR'S.



Most people in Sweden want to donate their organs after death. According to a survey carried out in 2010 by the EU Commission, almost 85 per cent of Swedes are willing to donate their organs.

In spite of this widespread willingness to donate, a lot of people haven't expressed their wish, and one person a week dies waiting for an organ.

85%

OF **SWEDES** ARE WILLING TO
DONATE THEIR ORGANS

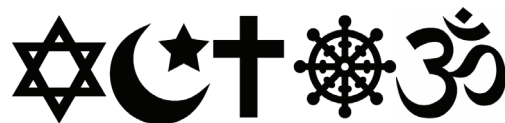
RELIGION

AND ORGAN DONATION

All world religions have a positive attitude towards organ donation. In spite of this, there may be individuals who, for religious or personal reasons, have a sceptical or negative attitude towards organ donation. Within a religion, it can also be difficult to separate attitudes based on dogma, general culture or tradition.

The different religions' views on death and the dead body guide the attitude towards organ donation. Regardless of religious convictions, it is important to stress that in Sweden, an organ donation is performed with great respect for the integrity of the dead body.

If you want to read more about religion and organ donation, please refer to pages 15-16.



HOW DOES ORGAN DONATION WORK?



ANYONE CAN SAY YES TO DONATING ORGANS

Anyone can say yes to organ donation, but not everyone can become a donor. You have to have died in an intensive care unit while treated with a ventilator. The deceased also has to be medically suitable to donate organs. Regardless of religion, age, medications or lifestyle, you can decide to donate your organs. It is the duty of the health care professionals to respect your decision.

WHICH ORGANS CAN BE DONATED?



LUNGS

EVERY YEAR, AROUND 800 ORGAN TRANSPLANTS ARE PERFORMED IN SWEDEN. YOU CAN TRANSPLANT KIDNEYS, LUNGS, LIVERS, HEARTS, INTESTINES AND PANCREASES.

WHAT DOES TISSUE DONATION ENTAIL?

IN ADDITION TO ORGANS, AROUND 1000 TISSUE TRANSPLANTS ARE PERFORMED IN SWEDEN EVERY YEAR.



KIDNEYS

THANKS TO THOSE WHO DONATE, FOR EXAMPLE CORNEAS, PEOPLE WITH SERIOUS EYE DISEASES CAN BE TREATED AND GET THEIR EYE-SIGHT BACK. DONATIONS OF HEART VALVES CAN VASTLY IMPROVE THE QUALITY OF LIFE FOR BOTH CHILDREN AND ADULTS.

YOU CAN ALSO DONATE FOR "OTHER MEDICAL PURPOSES", MEANING RESEARCH AND DEVELOPMENT OF TREATMENT TECHNIQUES, APPROVED BY AN ETHICS COMMITTEE. FOR INSTANCE, IF A PANCREAS CANNOT BE TRANSPLANTED TO A PATIENT, IT CAN BE USED FOR RESEARCH ON DIABETES.



PANCREAS



LIVER



INTESTINES



HEART

KNOW

MAKING
YOUR
DECISION

Today, you can express your decision in several ways, orally and/or in writing. They are all equally valid, and it's the last expressed will that counts.

YOU CAN:

**TALK TO SOMEONE CLOSE TO
YOU ABOUT YOUR DECISION**

**REGISTER IN THE
DONOR REGISTRY:**

**[WWW.SOCIALSTYRELSEN.SE/
DONATIONSREGISTRET](http://WWW.SOCIALSTYRELSEN.SE/DONATIONSREGISTRET)**

**SIGN A DONOR CARD. YOU
CAN FIND A DONOR CARD IN YOUR
NEAREST PHARMACY.**

The decision of the deceased is final, and the family cannot overrule this. If the deceased has not made his or her decision known, the family is asked to interpret what the deceased would have wanted.

It is important that you make your decision regarding organ donation known, partly to save your close ones an arduous decision process, but also to help medical professionals to fulfill your decision.

HOW

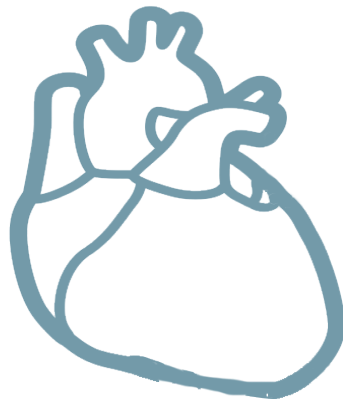
IS A DONATION PERFORMED?

When a person who has agreed to organ donation dies during respiratory treatment, the intensive care continues for no more than 24 hours. This time is needed to examine which organs can be donated and to find out which persons are suitable recipients.

During the donation operation, which often lasts several hours, various transplant teams participate, procuring the different organs. The operation requires great thoroughness and is performed like a normal operation. During the operation, the ventilator is removed. The wounds are closed and covered with bandages.

During the operation, it is sometimes discovered that one or several organs are unsuitable for transplantation.

After the operation, the deceased is taken to a place where the next of kin can pay their last respects.



WHO CAN BE HELPED BY A DONATION?



TODAY, PEOPLE WHO ARE SERIOUSLY ILL OR DYING CAN BE HELPED, OR HAVE THEIR LIVES SAVED THANKS TO AN ORGAN TRANSPLANT. ONE SINGLE DONOR CAN SAVE THE LIFE OF UP TO EIGHT PEOPLE.

NUMEROUS PEOPLE, CHILDREN AS WELL AS GROWN-UPS, ARE WAITING FOR AN ORGAN TRANSPLANT RIGHT NOW. THEY MAY BE SERIOUSLY ILL OR SUFFERING FROM A CHRONIC ILLNESS. BECAUSE OF AN INSUFFICIENT SUPPLY OF ORGANS, PEOPLE DIE WAITING FOR A TRANSPLANT.

THE WAITING TIME FOR AN ORGAN DONATION IS USUALLY LONG, SOMETIMES UP TO SEVERAL YEARS. DIALYSIS IS AN ALTERNATIVE FOR THE PATIENTS WAITING FOR A KIDNEY. FOR THOSE WAITING FOR A HEART, A LIVER, LUNGS OR INTESTINES, THERE ARE NO ALTERNATIVES TO A TRANSPLANTATION.

WHO CAN DONATE ORGANS?

AROUND 90 000 PEOPLE DIE EVERY YEAR IN SWEDEN. OF THOSE, ONLY AROUND 180 BECOME ORGAN DONORS.

A CONDITION FOR PEOPLE DONATING THEIR ORGANS AFTER THEIR DEATH IS THAT THEY LEFT THEIR CONSENT AND THAT THEY DIED IN INTENSIVE CARE, WHILE TREATED WITH A VENTILATOR.

ANYONE CAN SAY YES TO DONATING THEIR ORGANS AFTER THEIR DEATH, REGARDLESS OF AGE, LIFESTYLE, RELIGION OR ILLNESSES.

“The only thing we need to decide is whether we want to become donors or not. The health care professionals will always make a medical examination to see if it is possible”

IT IS THE QUALITY OF THE ORGANS AND TISSUES WHICH DECIDES WHETHER A PERSON CAN DONATE OR NOT. OLD AGE IS RARELY AN OBSTACLE TO DONATION.

CHRONIC ILLNESSES DO NOT NEED TO EXCLUDE A PERSON FROM DONATING. IN EACH CASE, THE HEALTH CARE PROFESSIONALS MAKE A THOROUGH MEDICAL EXAMINATION TO DECIDE WHETHER THE ORGANS WILL FUNCTION IN THE RECIPIENTS.

THIS MEANS THAT YOU ONLY HAVE TO DECIDE WHETHER YOU WANT TO DONATE OR NOT, YOU DO NOT HAVE TO CONSIDER WHETHER YOU ARE MEDICALLY SUITABLE TO BE A DONOR.

THERE IS ONLY ONE DEATH

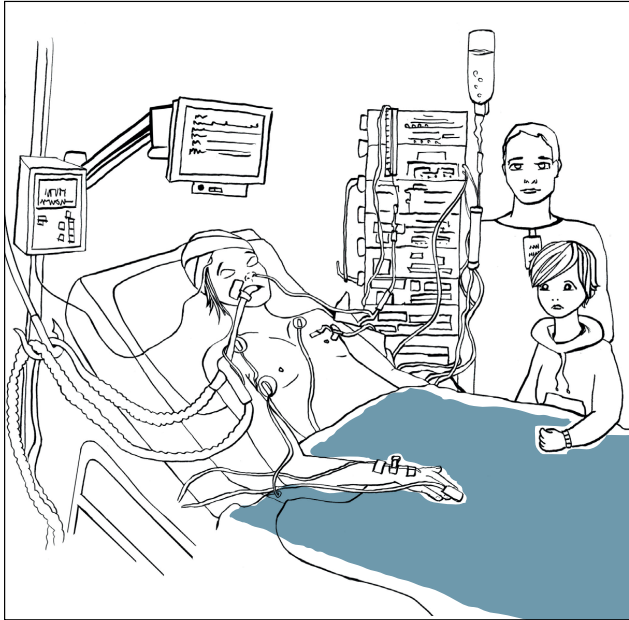
Every person dies due to the brain completely and irreversibly ceasing to function. This is called total brain infarction.

Often the brain stops functioning because the heart has stopped. When the heart stops, the blood circulation ceases and the blood can't reach the brain. Without oxygenated blood, the brain ceases to function and the person dies.

Sometimes the brain ceases to function due to a brain haemorrhage. The bleeding causes the brain to swell so much that no blood can pass through it. Without oxygenated blood, the brain ceases to function and the person dies.



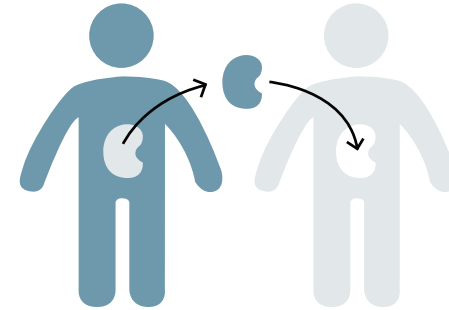
You are considered dead when the blood circulation to the brain has definitely stopped.



WHY DOES A DONOR HAVE TO BE TREATED WITH A VENTILATOR?

A ventilator is a machine which provides artificial respiration and oxygenates the blood. If all functions of the brain have ceased, the deceased needs to be treated with a ventilator to oxygenate the organs. The oxygen is needed so that the organs are not destroyed and so that they can function in the patients receiving the organs.

LIVING DONATION



ORGAN DONATION FROM LIVING DONORS IS ALSO POSSIBLE. IN MOST CASES, A KIDNEY IS DONATED, BUT IT IS ALSO POSSIBLE TO DONATE A PIECE OF ONE'S LIVER. CURRENTLY, AROUND A THIRD OF ALL TRANSPLANTED KIDNEYS COME FROM LIVING DONORS. YOU DO NOT HAVE TO BE RELATED OR A CLOSE FRIEND OF THE PATIENT TO DONATE. WHAT MATTERS IS THAT THE DECISION TO DONATE HAS BEEN TAKEN VOLUNTARILY.

IN ORDER TO DONATE AS A LIVING DONOR, YOU HAVE TO UNDERTAKE A THOROUGH MEDICAL EXAMINATION TO ENSURE THAT YOU AS A DONOR ARE NOT RISKING YOUR HEALTH AND THAT THE DECISION IS VOLUNTARY AND WELL FOUNDED.

TO READ MORE ABOUT LIVING DONATION,
PLEASE VISIT
WWW.LEVANDEDONATION.SE

MORE ON

ORGAN DONATION

AND RELIGION

JUDAISM



WHEN IT COMES TO ORGAN DONATION, THERE ARE TWO RELEVANT PRINCIPLES IN JUDAISM – RESPECT FOR THE DEAD BODY, AND THE DUTY TO PROMOTE LIFE AS WELL AS RESPECTING THE SANCTITY OF LIFE. FOR A JEW, THE FIRST PRINCIPLE MEANS THAT ORGAN DONATION CAN BE SEEN AS LACK OF RESPECT FOR THE DEAD BODY. BUT THE SECOND PRINCIPLE SUPERSEDES THE FIRST: TO PROMOTE LIFE FOR ALL WHO NEED A TRANSPLANT. JUDAISM NOT ONLY ALLOWS BUT REGARDS ORGAN DONATION AS A GOOD DEED.

ISLAM



ISLAM BASES ITS POSITION TOWARD ORGAN DONATION ON A PASSAGE IN THE QURAN: "WHOEVER SAVES ONE LIFE – IT IS AS IF HE HAD SAVED ALL OF MANKIND". HOWEVER, LIKE THE OTHER RELIGIONS, IT'S EMPHASISED THAT THE DECISION TO DONATE SHOULD BE TAKEN VOLUNTARILY.

CHRISTIANITY



A STATEMENT BY THE POPE CAN BE SEEN AS CHRISTIANITY'S COLLECTIVE VIEW ON ORGAN DONATION: "EACH ORGAN TRANSPLANTATION IS FOUNDED ON A DECISION OF GREAT ETHICAL VALUE: THE DECISION TO, WITHOUT REWARD, GIVE A PART OF ONE'S BODY TO CONTRIBUTE TO SOMEONE ELSE'S HEALTH AND WELL-BEING. IN THIS LIES THE NOBILITY OF THE GESTURE, A GESTURE WHICH IS A TRUE ACT OF LOVE."

THE GOLDEN RULE IN THE CHRISTIAN VERSION: "DO UNTO OTHERS AS YOU WOULD HAVE THEM DO UNTO YOU" ALSO EMPHASISES THAT, IF YOU ARE WILLING TO RECEIVE AN ORGAN FROM ANOTHER PERSON, YOU SHOULD NATURALLY BE WILLING TO DONATE ORGANS.

MORE ON

ORGAN DONATION

AND RELIGION

HINDUISM



THERE ARE MANY REFERENCES THAT SUPPORT THE CONCEPT OF ORGAN DONATION IN HINDU SCRIPTURES. DAAN IS THE ORIGINAL WORD IN SANSKRIT FOR DONATION, MEANING "SELFLESS GIVING". IN THE LIST OF THE TEN NIYAMAS (VIRTUOUS ACTS) DAAN COMES THIRD: "OF ALL THE THINGS THAT IT IS POSSIBLE TO DONATE, TO DONATE YOUR OWN BODY IS INFINITELY MORE WORTH-WHILE."

LIFE AFTER DEATH IS A STRONG BELIEF OF HINDUS AND IS AN ONGOING PROCESS OF REBIRTH. THE LAW OF KARMA DECIDES WHICH WAY THE SOUL WILL GO IN THE NEXT LIFE. THE BHAGAVAD GITA DESCRIBES THE MORTAL BODY AND THE IMMORTAL SOUL IN A SIMPLE WAY LIKE THE RELATIONSHIP OF CLOTHES TO A BODY: "AS A PERSON SHEDS WORN-OUT GARMENTS AND WEARS NEW ONES, LIKEWISE, AT THE TIME OF DEATH, THE SOUL CASTS OFF ITS WORN-OUT BODY AND ENTERS A NEW ONE." (BHAGAVAD GITA, CHAPTER 2:22).

BUDDHISM



ACCORDING TO BUDDHIST TEACHINGS, ORGAN DONATION IS A PARTICULARLY POSITIVE ACT SINCE IT ARISES OUT OF A TRULY COMPASSIONATE DESIRE TO HELP OTHERS. AS LONG AS IT IS THE SINCERE WILL OF THE DYING TO HELP OTHERS, IT CAN IN NO WAY HURT THE CONSCIOUSNESS THAT LEAVES THE BODY.

ON THE CONTRARY, THIS LAST NOBLE ACT BRINGS FORTH GOOD KARMA. A BUDDHIST ONCE SAID: "IF SOMEONE IS GOING TO DIE IN A FEW MOMENTS AND HAS EXPRESSED HIS DESIRE TO DONATE ORGANS, AND HAS A MIND FILLED WITH COMPASSION, IT IS ENTIRELY JUSTIFIED THAT THE ORGANS ARE EXTRACTED BEFORE THAT HEART STOPS BEATING."

"TO DONATE (DANA – TO GIVE) IS ONE OF THE GREATEST ACTS OF LOVE. IT SHOULD BE SELF-EVIDENT FOR EVERY BUDDHIST TO DONATE. TO REFUSE IS TO CLING ON TO THE DREAM OF A BETTER FUTURE LIFE. YOU HAVE TO LET GO OF YOURSELF, NOW AND IN THE FUTURE." (THE TIBETAN BOOK OF THE DEAD).

QUESTIONS

WRITE DOWN YOUR QUESTIONS HERE:

[illegible]

ORGAN DONATION SAVES LIVES

