



# HEALTH AWARENESS

April 2024

## GIFT OF LIFE: UNDERSTANDING ORGAN DONATION

April is National Donate Life Month, and is dedicated to encouraging others to join the organ registry and honor those who have saved lives through these gifts of life. In the realm of medical care, few gestures hold as much power and significance as the decision to become an organ donor. While the loss of a loved one is undoubtedly a profound and difficult experience, the decision to donate organs allows families to find solace in knowing that their loss has facilitated the chance for others to live. It transforms grief into a legacy of generosity and compassion. The importance of organ donation cannot be overstated, as it serves as a beacon of hope for countless individuals awaiting life-saving transplants.

According to [Donate Life America](#), every eight minutes, another person joins the queue for a life-saving organ transplant. Daily, 16 individuals on the waiting list perish before receiving the organ they desperately require. As of March 27, 2024, the Health Resources & Services Administration reports that 103,223 individuals are currently awaiting organ transplants in the United States. Of those, 85% need a kidney.

### SIGN UP TO BE A DONOR

Signing up to be a tissue, eye and organ donor, or making a living organ donation, is extremely important to help save lives. There are currently more people on the transplant list than there are organs available. If you sign up to be a donor, you may be able to save lives after you die. Up to eight people's lives can be saved from one donor's organs. Also, one tissue, eye and organ donor can heal more than 75 people.

More than 50% of patients on the transplant list are people of color, and people of color are more likely to experience health concerns that cause tissue death and organ failure. When a donor has the same ethnic or racial background as the recipient, their tissue and blood types are more likely to match.

Although you may never need a transplant, you can pass on the gift of life by registering to become an organ donor today. You can [sign up to be a donor here](#).

Every donated organ has the potential to save multiple lives, offering recipients the opportunity to experience the joy of renewed health and vitality. In this way, organ donation embodies the fundamental ideals of altruism and solidarity, uniting individuals from diverse backgrounds in a shared commitment to the well-being of others.



## LIVING ORGAN DONATION

Annually, about 6,500 living organ donation transplants occur. Living organ donation has an advantage for donors: They can decide who will receive their organ. This normally helps the recipient get their lifesaving organ faster than they would have otherwise.

While you are alive, you can donate:

- A kidney
- A part of your liver
- A lobe of a lung
- A piece of your pancreas
- A piece of your intestine
- Skin, after a tummy tuck or another surgery

Most living organ donations are between family members or friends, but some people choose to make a living organ donation for a person they do not know. Many living donors have no negative health outcomes because of their organ donation, leading normal lives after the procedure. Also, people who have received organs from living donors are more likely to have improved health outcomes compared to people who have received organs from donors who have passed away.

For living organ donation involving a known recipient, start by engaging in an open discussion with the individual. Following this, reach out to the transplant program responsible for managing the recipient's waitlist and express your intention to donate. When considering living organ donation for an unknown recipient, connect with your preferred transplant hospital and inquire about their donation program.

The urgent need for organ donors underscores the critical importance of raising awareness and dispelling myths surrounding donation. Despite advancements in medical technology, the demand for organ transplants far exceeds the available supply, resulting in lengthy waiting lists and preventable loss of life. By educating the public about the life-saving potential of organ donation and addressing misconceptions, we can encourage more individuals to make the life-affirming decision to become donors.



**1**  
Donor

Can save  
up to  
**8**  
Lives

Restore  
sight to  
**2**  
people

Heal the lives  
of more than  
**75**  
people

## BENEFITS CORNER

Prescription refills for Members typically involve a straightforward process. After a provider prescribes medication, the patient can request a refill through their pharmacy, directly through CarelonRx, or the [mail service order form](#). The insurance company then verifies the refill request, ensuring it aligns with the patient's coverage and medication history. Once approved, the pharmacy fills the prescription, and the patient may need to pay a copayment or coinsurance depending on their insurance plan. If no refills remain, your provider will have to submit the prescription order again. The process aims to facilitate timely access to necessary medications while managing costs and ensuring quality care. For questions, contact CTSI at (303) 861-0507.

