

9 minutes: a seemingly insignificant amount of time. However, every 9 minutes, someone in need of a transplant is added to the long list of people already waiting (Organ and Tissue). Every 9 minutes, the list grows. Most do not realize the number of people in need of a transplant, and even more don't understand the power they possess. When you choose to become an organ donor, you are choosing the possibility to save up to 8 lives and heal up to 75 (The Impact). With most people having the ability to save that many lives, why is it such a prominent issue? Is the process difficult? Do most people not qualify? It must be costly and confusing... right? These misconceptions are what turn many away from the commitment of becoming a donor. However, these ideas could not be more wrong. Becoming an eye, tissue, and organ donor is a simple process that can be done in many ways... and the cost? One minute of your time.

You can sign up to become a donor through the National Donate Life Registry¹, online, by visiting your state's DMV, or through the Health app on your iPhone (Organ and Tissue). You can choose what to donate - from skin for someone in need following a surgery, to blood cells to aid in clotting, to bone after a hip replacement, to a kidney, to more. The opportunities are endless with the ability to improve - or save - thousands of lives.

One overlooked, but very common, factor keeping many away from becoming a donor is the simple idea that it makes them uncomfortable. These individuals should not be faulted for their hesitant feelings. Who would want to imagine their body being desecrated or violated after death? What reason could there be, truly, to do this? Why must it be you? To understand the

¹ <https://www.donatelife.net/>

impact of choosing the selfless act of becoming a donor and pushing past these mental barriers, let's look at a young example: Blake.

Before Blake was born, the doctors identified a heart defect that was unquestionably fatal, and his parents were notified he would need a new heart immediately after birth. Following his birth, he was flown to California and his parents sat, waiting and silently praying for a heart to be offered to their son who grew progressively ill each day. Sitting there, his restless parents became scared. On day 16, however, a miracle came in the form of a heart. Blake is now healthy and active and has a true passion for sports, playing soccer, basketball, and track. His love for these activities, which utilize the miracle he was given, is no coincidence. When being asked about his experience as a heart recipient, Blake stated, "I know I have someone else's heart inside of me. Someone was generous enough to give me a second chance to live" (We're Just).

What can you do after you decide to become a donor? Call your family members. Text your friends. Tell others of your decision and spread the word! After signing up, you can encourage others to become involved as well and make the extra effort towards helping those in need. You can donate to various awareness organizations and volunteer to help educate more on organ and tissue donation (The Importance).

It's easy for someone to ignore calls for help when they aren't asked directly by the person in need. It's easy to read this, take in the information, and continue with your day. It's easy to think, "I'm sure someone out there will do it." It's not so easy when you're the one waiting helplessly. Make the decision, click the link, and be the good in the world. Someone out there is waiting for a miracle; for someone to be their hero. Sign up today and grab your cape.

Works Cited

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