

## WHAT YOU CAN DO TO HELP

- Register to become an organ, eye and tissue donor. You can do that now at [organdonor.gov](http://organdonor.gov) or [donatelifeamerica.org](http://donatelifeamerica.org). You can also register at your local motor vehicle office when you obtain or renew your driver's license.
- Share with your family your desire to become a donor in life and/or after death.
- Urge others to have family discussions about becoming a donor.
- Open the doors to your organizations to allow us to discuss what we can do to live healthier lives and how we can help others by donating organs, eyes and tissues in life and after death.
- Contact National MOTTEP at 202.865.4888 [mottep01@aol.com](mailto:mottep01@aol.com)

Since 1991, the National Minority Organ Tissue and Transplant Education Program, MOTTEP, has provided grassroots health education to reduce the need for organ transplants, particularly in minority communities, while increasing the number of organ donors.

## ONE DONOR CAN SAVE AND IMPROVE MANY LIVES

Organs and tissues that can be donated include: heart, kidneys, lungs, pancreas, liver, intestines, hands, face, corneas, skin, tendons, bone, heart valves, bones, middle ear and blood vessels.

*“Unfortunately, minority communities have a great need for transplants, yet often do not know it.”*

Dr. Clive O. Callender, M.D.  
Founder of National MOTTEP;

### National MOTTEP®

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# National Minority Donor Awareness Week

August 1 – 7



National  
**MOTTEP**®

minority organ tissue transplant education program

**National Minority Donor Awareness Week, Aug. 1 to Aug. 7, 2014,** focuses on getting information to minority communities, which represent 25% of the population, yet comprise more than 60% of those on transplant waiting lists because of higher rates of diabetes, hypertension and kidney disease. For a transplant, compatible blood type is critical. Some blood types are more common in minority communities. These are all reasons we need more minority donors.



*Tony Sagayadoro & MOTTEP Founder, Dr. Clive O. Callender*

This year's National Minority Donor Awareness Week honors the memory of Tony Sagayadoro, a kidney recipient, who educated the Filipino community in Hawaii about the importance of organ, eye and tissue donation. His tireless efforts as Local Program Coordinator for MOTTEP of Honolulu for two decades helped increase the Filipino donor rates from 3% in 1995 to 70% in 2006.

## HERE'S HOW YOU CAN PREVENT TRANSPLANTS

### *YOU HAVE THE POWER!*

- **Checkup.** Make sure you have an annual health checkup.
- **Monitor.** Check your blood pressure—often. See your doctor if it isn't below 140/90.
- **Exercise.** Be physically active most days to cut the risk of obesity, hypertension & diabetes. These diseases increase the risk of needing an organ transplant. Go for a walk, now!
- **Maintain.** Work to maintain a healthy weight and ask your doctor if you need help losing weight.
- **Eat right.** More green vegetables & less red meat make for an organ healthy diet.
- **Add.** Eat more whole grains, breads and cereals, which are an excellent source of fiber.
- **Drink more.** More water that is. Cut out the sugary drinks and alcohol.
- **Avoid.** Stay away from illegal drugs, which can severely damage the liver and kidney.
- **Reduce.** Cut down or eliminate foods high in salt, cholesterol and saturated fats.
- **Be a quitter.** Quit smoking ASAP. Check out [www.smokefree.gov](http://www.smokefree.gov) for tips and text message support.

## TRANSPLANTS BY THE NUMBERS

10	Minutes—the time it takes to read this brochure & for a new name to be added to the transplant waiting list
14	Percentage of organ donors who are Black
17	People die daily awaiting an organ
536	Days a White person awaits kidney/pancreas transplant
734	Days a Black person awaits kidney/pancreas transplant
2,114	Children await transplant
2,604	Days a Pacific Islander awaits kidney/pancreas transplant
18,000	People need bone marrow or umbilical cord blood transplants yearly
75,958	Minorities on transplant waiting list
120,000+	People currently on transplant waiting lists
1 million+	Tissue transplants performed annually