

# CAN WE COUNT ON YOU?



**Facts about organ donation  
for the south asian community**

[www.organdonation.nhs.uk/southasiancampaign](http://www.organdonation.nhs.uk/southasiancampaign)

# Why we're counting on you!

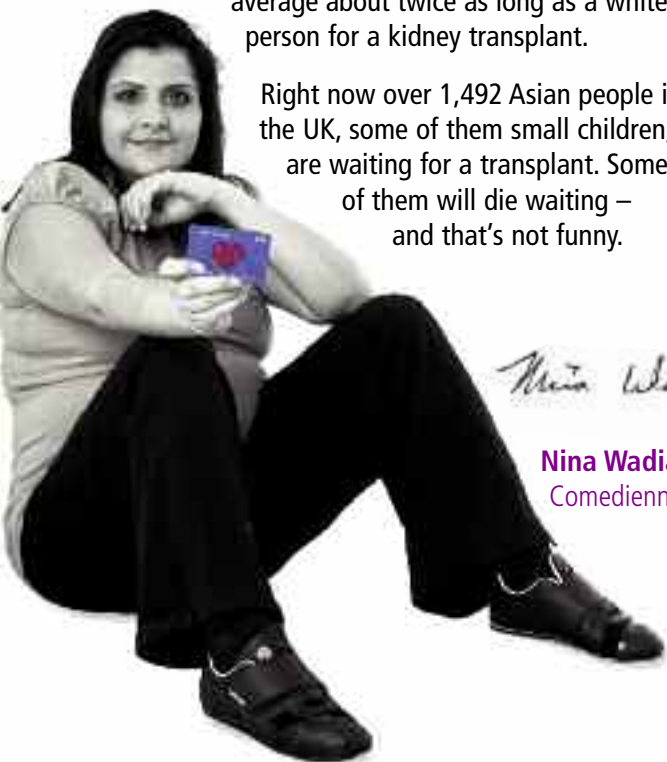
Hello, I'm Nina Wadia. I'm best known for my comedy roles but here I want to tell you about something that is no laughing matter – organ donation.

You may not have thought organ donation is something that affects you. But as Asian people, we're at least three times more likely to need a kidney transplant than the rest of the population. That's because we're much more likely to develop illnesses such as diabetes, kidney disease and heart disease, which can lead to organ failure.

That's not all. Donated organs need to be carefully matched to the recipient to ensure blood and tissue groups are compatible. But there is an acute shortage of donors from Asian communities.

This means Asian people have to wait on average about twice as long as a white person for a kidney transplant.

Right now over 1,492 Asian people in the UK, some of them small children, are waiting for a transplant. Some of them will die waiting – and that's not funny.



*Nina Wadia*

**Nina Wadia**  
Comedienne

# How you can become a life-saver

You can give the gift of life and help your community by joining the NHS Organ Donor Register. This is the national database of people who are willing to become donors after they die.

If you join the register it means, in the event of your death, your organs, such as kidneys, heart or liver could be used to help someone else live.

As the number of Asian people with organ failure continues to rise steadily, now more than ever before we need more people to say yes to organ donation.

As a community at high risk, we need to act now.

Discuss your wishes to be an organ donor with your family and please join the NHS Organ Donor Register today.

**Can we count on you to become a life-saver?**



**Asif Khan**  
Actor



# Leave someone a future

To decide whether or not you wish to give life to someone else after you have died is something very personal and it is important that everyone makes their own decision.

Even if you already carry a donor card you should join the NHS Organ Donor Register to ensure your wishes are recorded. Discuss your decision with those closest to you so they know your wishes should the time ever come.

By joining the register you are giving your agreement to your organs and tissue being used for transplantation to save or enhance the lives of others after your death.

Adding your name to the register will only take a few minutes of your time. But it could save someone else's life.

## How to register

**Join the NHS Organ Donor Register today to ensure that you can give life after your death. It is only through the generosity of people like you that lives can be saved through transplants. Please register using one of the following methods:**

- visit [organdonation.nhs.uk](http://organdonation.nhs.uk)
- call 0300 123 23 23
- text SAVE to 84118
- Complete and post this leaflet

**Once you've signed up, join our online community at [walloflife.org.uk](http://walloflife.org.uk) and upload your photo and message of support.**

**Thank you**

# What is organ donation?

Organ donation is the gift of an organ to help someone else who needs a transplant. Hundreds of people's lives are saved each year by the generosity of organ donors.

One donor can give life to several people and restore the sight of two more.

Organs that can be donated after death include the heart, lungs, kidneys, liver, pancreas and small bowel. Tissue such as skin, bone, heart valves and corneas can also be used to help others.

You are more likely to need a transplant than to become a donor. Because organs have to be transplanted very soon after the donor has died, they can only be donated by people who have died in hospital.

Most donated organs come from people who die while on a ventilator in an intensive care unit, following a severe brain injury. The brain injury damages vital centres in the brain stem that are essential to maintain life. No one can live once these centres have been destroyed.

Doctors and nurses are committed to doing everything possible to save life and organ donation is only considered once all attempts to save life have failed and after death has been certified by an independent team of doctors.

## It's down to you to decide

Some people think their religion forbids organ donation but all the UK's major religions and faiths support the principles of organ donation and transplantation. Within each religion there are different schools of thought, which means that views may differ, but all the major religions accept that organ donation is down to individual choice.

### **Maariyah's story**

"When Maariyah was eight, both her kidneys failed. Words cannot express how grateful we are to the young female donor who gave Maariyah a future again."



Mr Rashid, father of Maariyah from Rotherham.

### **Daljit's story**

"Kidney failure put my life on hold for ten years. Now I feel better than I have ever felt in my life and I am extremely grateful to the donor and their family for making it possible."



Daljit Toor from Middlesex.

### **Mahmud's story**

"My wife died suddenly at the age of 32. Because we had already discussed organ donation, I didn't suffer the additional trauma of deciding whether or not donation should go ahead. Thanks to her selfless kindness four people, including a small boy, have benefited from her organs."

Mahmud Nawaz from Leeds.

For more information:

**0300 123 23 23**

[www.organdonation.nhs.uk/southasiancampaign](http://www.organdonation.nhs.uk/southasiancampaign)

# Please register my details on the NHS Organ Donor Register

Please complete in CAPITAL LETTERS using a black ballpoint pen.  
\*indicates that a field must be completed.

## My name and address

Surname\* \_\_\_\_\_  
Forename(s)\* \_\_\_\_\_  
Date of birth\*    /        /        Male \* Female \*  
Address\* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Postcode\* \_\_\_\_\_  
Telephone \_\_\_\_\_  
Mobile \_\_\_\_\_  
Email \_\_\_\_\_

## My wishes

**I want to donate:** (Please tick the boxes that apply)

- A. any of my organs and tissue  **or**  
B. my kidneys  heart  liver  small bowel   
eyes  lungs  pancreas  tissue

**for transplantation after my death.**

Signature \_\_\_\_\_  
Date \_\_\_\_\_

Please tick here if you would like to receive future information about blood, organ and tissue donation from NHS Blood and Transplant.

## My ethnic origin

There's a better chance of getting a closer match and a successful transplant if the donor and recipient are from the same ethnic group. Please tick the ethnic group which best describes you.

**Asian or Asian British:** Indian  Pakistani   
Bangladeshi  Other

**Mixed:** Asian & white  Other mixed background

**Other:** (Please specify) \_\_\_\_\_  
\_\_\_\_\_

**Not stated:**

**Data Protection Assurance.** Completion of this form is for the purpose of recording your wishes to become an organ donor. All information provided to NHS Blood and Transplant is used in accordance with the Data Protection Act 1998. Your data may be handled on our behalf in a country not normally covered by EU Data Protection law. If so, we will ensure that the data will be protected by the EU requirements. More information on how we look after your personal details can be found at [www.nhsbt.nhs.uk](http://www.nhsbt.nhs.uk) or by calling 0300 123 23 23.

If you wish to amend or withdraw your record from the NHS Organ Donor Register you can do so by calling the Organ Donor Line on 0300 123 23 23, visiting [www.organdonation.nhs.uk](http://www.organdonation.nhs.uk) or writing to us at the address overleaf.



You don't  
need to use  
a stamp, but  
doing so  
helps to save  
our funds

FREEPOST RRZK-SHUX-SBCK  
NHS Blood and Transplant  
Fox Den Road  
Stoke Gifford  
Bristol  
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