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The Newspaper In Education Program is working with NJ Sharing Network to present this special series. More than 1.5 million Americans have their health restored each year through tissue donation. This series will examine tissue donation and transplantation from different angles.

## Saving lives through organ & tissue donation

### How can donated bone help someone with a spinal injury?

An estimated 200,000 Americans are currently living with a spinal cord injury. Most of these people were injured in auto and sports accidents, falls, and industrial mishaps. These injuries can also be caused by bone diseases, such as arthritis and osteoporosis. . An estimated 60 percent of these individuals are 30 years old or younger, and the majority are men. Fortunately, this can often be addressed through reparative surgery. Donated bone can help people that have suffered a spinal injury recover.

## VIP Corner

### John Keating, Bone Transplant Recipient

“Seven years ago, I injured my back at work. I ruptured a disc. I could barely walk or stand. I had to sleep in a chair. The injury was so severe I had to retire from my 25-year career in trucking. Doctors put four titanium screws in my spine and placed bone from a deceased donor around the screws. The donor bone began to grow and became part of my own bone. Without this surgery and donated bone, I would be unable to work. Today I can go for a walk, sleep in my own bed, and just live a normal life.”



John Keating

## Today's Exercise:

Attempt to do routine things without moving your neck. This is one of the many symptoms of spinal cord injury and disease. Write an essay describing the limitations and challenges you faced while doing so.

## What Can I Do?

Describe to your friends and family what you learned about spinal cord injury and disease, including the use of donor bone to repair it. Reinforce the importance of saying “yes” to organ and tissue donation.



For more information and age-appropriate educational materials, or to register as an organ and tissue donor, visit:

**[www.NJSharingNetwork.org](http://www.NJSharingNetwork.org) or call 800-742-7365.**