



The BRC Quarterly Newsletter
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“We make a living by what we get, but we make a life by what we give.”

Sir Winston Churchill

Cartilage Donation Can Help Pediatric Patients

Human donor tissue is often used in cartilage transplantation procedures. Cartilage is the smooth tissue at the end of bones. In a normal joint when cartilage rubs on cartilage it is more slippery than ice on ice. This is why we are able to move our joints smoothly and without pain. When patients have damage to their cartilage they can have a lot of pain and discomfort in the affected joint. In the older patient population, we are able to replace the worn out joints with metal and plastic ones, but we try to avoid this in younger patients. A good alternative for younger patients is to have a cartilage restoration procedure. With this treatment, human donor tissue is needed. A surgeon can perform an operation where the diseased cartilage is removed and replaced with a new piece of cartilage from a donor. One example of this is a procedure called an osteochondral allograft. During surgery, the patient's damaged cartilage is cored out in a cylinder. An equally sized cylinder of bone from a donor is inserted into the defect. The result is a smooth cartilage surface that is more like their native cartilage.

All donor cartilage can be useful, but cartilage from donors that are 13 years old or younger can be particularly helpful in another cartilage restoration procedure called natural tissue grafting. This is very helpful when cartilage replacement is needed and an osteochondral allograft will not work because of the size and shape of the defect. With this procedure the donor's cartilage is minced up and glued into the cartilage defect where it grows new cartilage. A new, smooth cartilage surface means less pain for the patient.

A donor's tissue can also be used to replace a tissue called the meniscus. There are two menisci in every knee, one on the inner side of the knee and one on the outer side of the knee. The meniscus serves many functions, including stabilizing the knee and acting as a shock absorber. Sometimes when a meniscus is torn it can lead to knee dysfunction and pain with everyday activities. With special surgical procedures, a new meniscus from a generous donor can be used to replace the damaged meniscus so that the patient is able to do everyday activities comfortably. Cartilage restoration procedures have provided pain relief and improved standards of living for thousands of young patients. The donation of human tissue is essential to help provide these patients with options that they otherwise would not have so that they may lead a healthy, pain-free lifestyle. With this tissue, we can now replace cartilage in young patients with limited areas of damage who have arthritis of the shoulder, elbow, knee and ankle with good to excellent results with appropriate indications.

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Donation Corner

National Donor Sabbath—November 18-20, 2011

National Donor Sabbath is observed each year as members of faith communities focus on the life-affirming gifts of hope passed to others by organ, eye, tissue, marrow and blood donors. Many faith leaders participate in services and programs to educate their congregations about donation and transplants as well as the critical need for donors. If you would like to know more about how your faith views organ and tissue donation, visit our website www.brcil.org and click on the Religious Viewpoints tab for a listing of religions.

Don't forget January 2, 2012 The Donate Life Float will move down Colorado Boulevard during the annual Rose Parade.

Through their life-changing experiences, the families of organ and tissue donors, living donors, and recipients of life-saving transplants know intimately the preciousness of time. On Jan. 2, 2012, transplant recipients, living donors, and family members of deceased donors will join together to honor the preciousness of **...One More Day** on the ninth Donate Life Rose Parade float entry. Don't forget to register as a donor at www.donatelife.net!

Donation resources:

- www.aopo.org
- www.donatelifeamerica.net
- www.donatelifellinois.org
- www.unos.org
- www.organdonor.gov



What's new

Changes to the IDPH Uniform DNR Advance Directive Form

In mid-August Governor Quinn signed into law a change to the Uniform DNR Advance Directive Form. This change will incorporate what is known as POLST (Physician Orders for Life Sustain Therapy) into this form. POLST was originally developed in the 1990s in Oregon and has been adopted in 12 states. The POLST form differs from a DNR form in that it addresses more **life-sustaining treatment options** than just CPR choices. It translates into physician instructions/orders when properly executed. It is recognized and honored by all institutions within healthcare in regions or states where it is used. The Power of Attorney for Health Care (POAHC) is still a necessary document that everyone over the age of 18 should complete. The POLST and POAHC documents will work together to help ensure that an individual's wishes will be followed by hospital personnel in the event they are unable to speak for themselves. The Illinois POLST document is being drafted by the Illinois Department of Public Health who is working with a group of interdisciplinary practitioners. The goal is to maximize patients control of their medical care by helping them to establish a care plan in which their own wishes are aligned with what is medically possible, and to document those wishes in a uniform, secure and retrievable document that can be used to direct medical care in a variety of settings. For continuing information about POLST in Illinois visit The Chicago End-of-Life Care Coalition at www.cecc.info.

Power of Attorney for Health Care Form

Everyone over the age of 18 should put into place a Power of Attorney for Health Care. This document names a person to speak on the behalf of the individual who would be unable to speak for themselves regarding health care issues and other end of life decisions. Information on the newly revised Illinois form can be found at: <http://gac.state.il.us/forms.html>.

Numerous websites have POAHC forms (as well as other advance directive forms) available by searching the internet.



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Calendar of Events

- National Donor Sabbath
November 18-20, 2011
- Rose Parade
January 2, 2012
Look for the Donate Life Float
- BRCIL Donor Memorial Service
April, 2012 - Date TBA

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