

MOJA
BRAZGOTINA,
MOJE
ŽIVLJENJE
*MY SCAR,
MY LIFE*

RAZSTAVA FOTOGRAFIJ –
UMETNIŠKIH AKTOV OSEB S PRESAJENIMI ORGANI
*EXHIBITION OF ART PHOTOGRAPHS –
PERSONS WITH TRANSPLANTED ORGANS*

7. oktober 2022, ob 12.00
Avla UKC Ljubljana
*October 7, 2022 at 12:00 p.m
Lobby of UMC Ljubljana*

O DAROVANJU ORGANOV & STATISTIKA

Zdravljenje s presaditvijo organov in tkiv je med najnaprednejšimi metodami zdravljenja. Za bolnike s kronično ali akutno končno odpovedjo organa je to edina možnost za preživetje, le pri odpovedi delovanja ledvic obstaja še nadomestno zdravljenje (dializa).

Potrebe po zdravljenju s presaditvijo naraščajo, organov za vse bolne pa ni dovolj, zato več tisoč ljudi čaka in upa na presaditev organa.

ABOUT ORGAN DONATION & STATISTICS

Organ and tissue transplantation is one of the most advanced medical treatment methods. For patients with chronic or acute organ failure, transplantation is the only option for survival. Only in the case of kidney failure is there an alternative treatment (dialysis).

Demand for organ transplantation is increasing all over the world, but there are not enough organs available to meet the need. This shortage of organs is now the limiting factor in treating many patients with chronic organ failure and has led to high numbers of patients on waiting lists.

EVROPA (v letu 2021)
EUROPE (year 2021)

36.000

PACIENTOV JE PREJELO ORGAN
PATIENTS RECEIVED A TRANSPLANT

41.000

BOLNIH ČAKA NA ZDRAVLJENJE
NEW PATIENTS ARE REGISTERED ON
WAITING LISTS

VSAKO URO JE
THAT IS NEARLY

5

PACIENTOV UVRSČENIH NA ČAKALNI SEZNAM
NEW PATIENTS ADDED TO A TRANSPLANT WAITING LIST
EVERY HOUR

SLOVENIJA
SLOVENIA

OKOLI
ABOUT

120

ORGANOV PRESADIMO NA LETO
ORGANS ARE TRANSPLANTED EVERY YEAR

OKOLI
ABOUT

200

LJUDI ČAKA NA ZDRAVLJENJE
PATIENTS ARE REGISTERED ON WAITING LISTS

Umrli darovalci
Umrli darovalci

44 2019

47 2020

41 2021

Umrli darovalci v letu 2021 po starostnih skupinah
Deceased donors in 2021 by age group

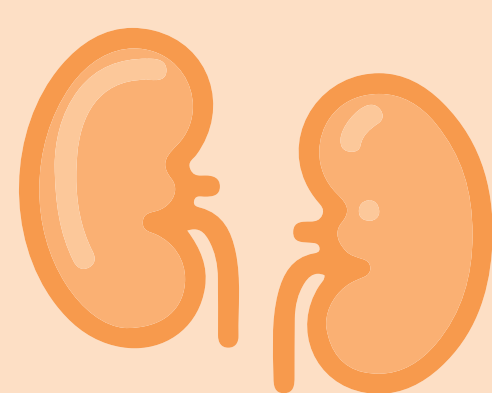
1 0<18

21 18-59

19 +60

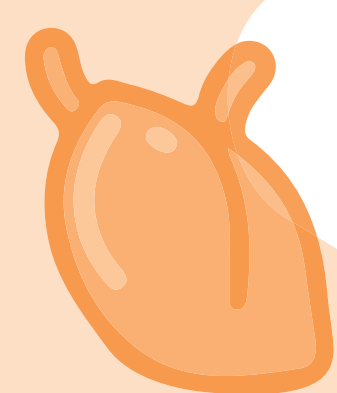
POVPREČNA
STAROST UMRLIH
DAROVALCEV JE
OKOLI 57 LET
THE AVERAGE AGE OF
DECEASED DONORS
IS 57 YEARS

Darovalci so v letu 2021 podarili 125 organov
Donors donated 125 organs for treatment in 2021



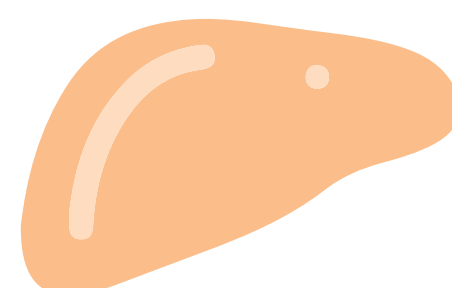
ledvice
kidneys

2019 2020 2021
75 68 60



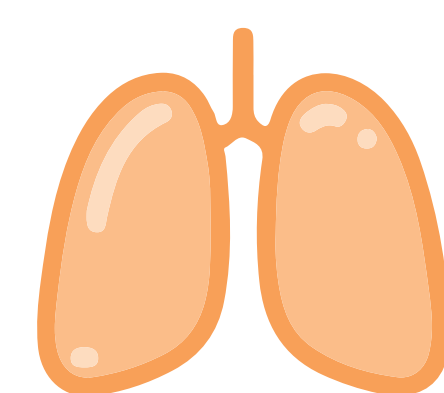
srce
heart

2019 2020 2021
15 17 13



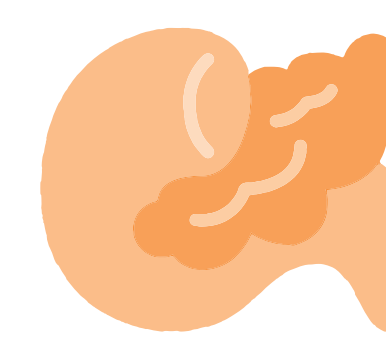
jetra
liver

2019 2020 2021
31 34 32



pljuča
lungs

2019 2020 2021
11 13 18



trebušna
slinavka
pancreas

2019 2020 2021
0 4 2

Zaradi kroničnega pomanjkanja ustreznih organov, vsi bolniki žal ne dočakajo zdravljenja. Z darovanjem lahko tragične usode ljudi spremenimo.

Due to chronic shortage of suitable organs and tissues for transplantation, not all patients receive treatment. In 2021, an average of 20 patients died every day while waiting for an organ transplant in Europe.

KATERE ORGANE IN TKIVA LAHKO DARUJEMO?

V Sloveniji lahko darujemo srce, ledvice, jetra, pljuča in trebušno slinavko. Poleg organov lahko darujemo tkiva, in sicer roženice, redkeje tudi kosti, kožo, sklepe, vezi, srčne zaklopke in žile. Pri odvzemu organov je ključen čas od potrjene smrti, odvzem tkiv pa ni pogojen s prekrvavljenostjo telesa, zato jih lahko odzamemo tudi več ur po zaustavitvi srca.

10 RAZLOGOV, DA SE OPREDELIŠ.

- 1 Darovanje organov je človekoljubno in nesebično dejanje, s katerim lahko rešiš človeško življenje.
- 2 En_a darovalec_ka lahko reši ali pomaga sedmim ljudem v bolezni ali življenjski ogroženosti.
- 3 Vsa večja verstva sveta razumejo darovanje organov kot visoko etično dejanje, kot izraz ljubezni do sočloveka. Darovanje ne ovira posmrtnega življenja.
- 4 Vsak ima možnost in priložnost, da odloča zase glede darovanja.
- 5 Izrazi avtonomijo odločanja: opredeliš se lahko za ali proti darovanju.
- 6 Opredelitev za darovanje ni enako kot darovanje. O darovanju odločajo okoliščine, način smrti, preverjanje soglasja, medicinska primernost za darovanje. Teh dejavnikov ne moremo predvideti.
- 7 Opredelitev ne vpliva na zdravstveno oskrbo v času življenja. Po slovenski zakonodaji se podatek o opredelitvi lahko preveri šele po potrjeni smrti. Podatek o opredelitvi je zaklenjen v posebnem registru, ki ga hranimo na Slovenija-transplantu.
- 8 V primeru tragične in nenadne smrti je darovanje organov lahko velika tolažba svojcem, je svetlo dejanje upanja.
- 9 Postopek opredelitve je po elektronski poti hiter, varen in preprost.
- 10 Izrazi svojo voljo, ne ostani neopredeljen_a.

KDO VODI POSTOPKE DAROVANJA, IZMENJAVO ORGANOV IN KJE SO BOLNIKI ZDRAVLJENI?

Postopke v zvezi z darovanjem v bolnišnicah po Sloveniji in izmenjavo organov in tkiv med državami v Eurotransplantu vodimo na Zavodu Slovenija-transplant.

Uvrščanje na čakalne sezname in zdravljenje s presaditvijo organov izvajajo vrhunski strokovnjaki v transplantacijskem centru v UKC Ljubljana. Paciente po presaditvi doživljenjsko spremljajo na posameznih kliničnih oddelkih v kliničnem centru v Ljubljani.

Eurotransplant zbira skupni čakalni seznam in vodi dodeljevanje ter izmenjavo organov najustreznejšim prejemnikom v državah članicah Eurotransplanta.

WHICH ORGANS AND TISSUES CAN BE DONATED?

In Slovenia, you can donate heart, kidneys, liver, lungs and pancreas (organs), corneas, less often bones, skin, joints, ligaments, heart valves and blood vessels (tissues). For successful organ transplantation, the time from confirmed death to organ retrieval is crucial. The removal of tissues is not conditioned on the blood supply of the body, removal is possible up to several hours after the death.

10 REASONS TO BECOME A DONOR.

- 1 *Organ donation is an altruistic and selfless act that can save another human life.*
- 2 *One donor can save or help up to seven people with an illness or in a life-threatening situation.*
- 3 *All major religions understand organ donation as a highly ethical act, as an expression of human love and solidarity. Organ donation does not interfere with the afterlife.*
- 4 *Everyone has the possibility and the opportunity to make decisions for himself/herself regarding donation.*
- 5 *Express decision-making autonomy: make a decision for or against donation.*
- 6 *The declaration to be a donor is not the act of donating. Actual donation depends on the unpredictable circumstances: manner of death, status of consent and medical suitability for donation.*
- 7 *In no way will your declaration as a donor affect medical treatment in critical situations. The medical staff always treats and tries to save everyone's life using all available methods in accordance with medical doctrine and ethics. Organ and tissue donation is only considered after death has been legally confirmed.*
- 8 *In the event of a tragic and sudden death, organ donation can be a great comfort to relatives, it is a bright act of hope.*
- 9 *Online registration is fast, secure and simple.*
- 10 *Express your will for or against donation. Do not remain undeclared.*

WHO MANAGES THE PROCEDURE OF DONATION, ORGAN EXCHANGE AND WHERE ARE PATIENTS TREATED?

Slovenia-transplant Institute is the national competent institution for organ donation. It manages and controls all procedures in donor centres across Slovenia and the exchange of organs and tissues within Eurotransplant.

Placement on waiting lists and treatment with organ transplantation are carried out by top experts at the transplantation centre at the University Medical Centre Ljubljana. After transplantation, patients are monitored and treated for life in individual departments and clinics at UMC Ljubljana.

Eurotransplant compiles a common waiting list and manages the allocation and exchange of organs to the most suitable recipients in Eurotransplant member states.

POGOSTE DILEME IN ZMOTE

#starost

Darovanje je možno tudi v visoki starosti. Za časa življenja se lahko opredeli oseba, ki je starejša od 15 let. Po smrti primernost za darovanje posameznega organa ali tkiva ocenjujejo zdravniki specialisti. Kakovost posameznega organa ni vedno povezana z biološko starostjo pokojne_ga.

#bolezen

Bolezen ni omejitev za opredelitev. Opredeli se lahko vsak, ne glede na (kronično) bolezen (rak, sladkorna bolezen in podobno). Šele po potrjeni smrti zdravniki specialisti preverjajo, ali je darovanje možno ali ne. Pri oceni medicinske primernosti posameznega organa za darovanje je ključno, da se prepreči prenos nalezljivih ali drugih bolezni, ki bi lahko prejemniku škodovala, in da se zagotovi delovanje organov v novem organizmu.

#postopek

Vsi postopki glede darovanja se začnejo šele po potrjeni možganski smrti (človek je mrtev, možganske funkcije so dokončno in nepovratno okvarjene oz. jih več ni). Odvzem organov opravijo zdravniki specialisti z ekipami zdravstvenih delavcev, ki s pokojnikom ravnajo spoštljivo.

#vzdrževanjeorganov

Umiranje fizičnega telesa je proces. Notranje organe zato lahko kratek čas še vzdržujemo s pomočjo aparatov in močnih podpornih zdravil. S tem ohranimo minimalno delovanje organov na periferni ravni, ki omogoča odvzem in začetek ponovnega delovanja določenega organa v novem okolju, v drugi osebi.

#izgled #telo

Telo po darovanju ni iznakaženo. Ostane viden šiv, podobno kot po operativnem posegu. Kadar gre za darovanje kosti, roženice ali drugih tkiv, so odvzeti deli nadomeščeni s primerno protezo. Koža se odvzame na manj vidnih delih telesa, kot je na primer stegenski del (nikoli z obraza ali podobno).

#vera

Vera ni ovira za darovanje. Vsa večja verstva sveta (islam, krščanstvo, pravoslavna vera, ...) spodbujajo darovanje. V darovanju vidijo dobroto človeka, najvišjo obliko solidarnosti in pomoči sočloveku.

#odprtpokop

Po darovanju je možen pokop z odprto krsto in (tradicionalni) obredi ob pokopu (npr. umivanje pokojne osebe, zavijanje v bele rjuhe in podobno).

#smrt

Darovanje je mogoče le v primeru smrti v bolnišnici. Sodobne medicinske diagnostične tehnike ne dopuščajo napake glede smrti, vse postopke večkrat neodvisno preverjata 2 strokovnjaka. Vsi poznamo dokončnost, poznamo trenutek dokončne tišine in vemo, da telo zapusti življenje oz. življenje zapusti telo.

COMMON MISCONCEPTIONS

#age

Declaration about donation on the national donor registry can be made by anyone who has the capacity to make a judgement and is over the age of 15. Donation is possible at all ages, there is no upper age limit. The quality and suitability of an individual organ for transplantation is not necessarily related to the biological age of the deceased.

#illness

Illness is not a limitation for organ donation. Anyone can become a donor, regardless of (chronic) disease (cancer, diabetes and others). Only after death has been confirmed specialist doctors evaluate whether donation is possible or not. When evaluating the medical suitability of an individual organ for donation, it is crucial to prevent the transmission of infectious or other diseases that could harm the recipient and to ensure that the organs function in the recipients body.

#procedure

All donation procedures begin only after the confirmation of brain death (the person is dead; the brain functions are permanently and irreversibly impaired or no longer exist). Organ removal is performed by physicians with teams of health professionals who treat the deceased with dignity and respect.

#organmaintenance

The dying of the physical body is a process. For a short time after death internal organs can therefore be maintained with assisting medical apparatus and strong supportive drugs. In this way, the minimal functioning of the organs at the peripheral level is maintained, which enables the removal and resumption of functioning of a certain organ in another person.

#appearance #body

The body is not disfigured after donation. A visible seam remains, similar to post-surgery. When bone, cornea or other tissues are donated, the removed tissues and bones are replaced with a suitable prosthesis. Skin is removed from less visible parts of the body, such as the thighs (never from the exposed parts of the body).

#religion

Religion is not an obstacle for donation. All the world's major religions (Islam, Christianity, Judaism etc.) encourage donations. They see in donations the goodness of man, the highest form of solidarity, the act of high solidarity among humans.

#openburial

After the donation, burial with an open coffin and (traditional) funeral rituals are possible (e.g. washing the deceased, wrapping in white sheets, etc.).

#death

Donation is possible only in cases where death has occurred in a hospital environment. Contemporary and advanced medical diagnostic techniques do not allow mistakes regarding death. All procedures are checked several times and independently by two experts. All humans are defined by finality. There are moments of final silence, when the body leaves life or life leaves the body.

O DAROVANJU ORGANOV SE MED PRIJATELJI IN V DRUŽINI POGOVARJATE BOLJ SPROŠČENO

Kako lahko začnete pogovor:

Bil_a sem na razstavi, kjer svoje zgodbe predstavljajo tisti, ki so potrebovali presaditev. Navdušila me je in spodbudila k razmisleku in opredelitvi ...

Si vedel_a, da je naša soseda, tista študentka, nenadoma hudo zbolela? In da bi umrla, če ne bi imela presaditve srca? Neverjetno, kako tega nisem vedel_a in opazil_a. Sploh se ji ne vidi, aktivna je, hodi v službo ... Tudi jaz želim pomagati drugim po smrti. Zato sem se opredelil_a za darovanje ...

Nisem vedel_a, da je postopek opredelitve glede darovanja tako preprost in hiter prek portala javne uprave. Dve minutki mi je vzelo. Po smrti želim darovati organe za namen zdravljenja, meni ne bodo več koristili. Zaupam zdravnikom in v sistem darovanja.

V roke mi je prišla zanimiva zloženka o darovanju organov. Želim odločiti o tem, kaj bo po moji smrti in ne obremenjevati svojih bližnjih s to odločitvijo. Jasno sem že vsem povedal_a, da želim darovati organe.

Na Facebooku me je pritegnila objava, da se moramo o darovanju organov bolj sproščeno pogovarjati. Strinjam se, to področje je zelo pomembno. V sebi sem že dolgo nazaj sprejel_a odločitev, nikoli pa ne najdem časa ali priložnosti za opredelitev, za pogovor. Zato ...

LET'S TALK ABOUT ORGAN DONATION AMONG OUR FAMILY AND FRIENDS

How to start a conversation:

I was at an exhibition where people who needed a transplant presented their stories. It inspired me and encouraged me to think and express my consent for donation.

Did you know that our neighbour, the student, suddenly fell seriously ill? And that she would have died if she hadn't received a heart transplant? It's amazing that I didn't know and notice this. You can't tell at all, she's active, she goes to work... I also want to help others after my death. That's why I decided to declare as a donor.

I didn't know that the declaration process on organ donation is simple and fast through the public administration portal. It took me less than 2 minutes to make an official declaration in the national registry. After I die, I want to donate my organs for the purpose of treatment, they will no longer be useful to me. I trust doctors and the donation system.

Today I came across an interesting leaflet about organ donation. I want to decide what happens after my death and not burden my loved ones with this decision. I have already made it clear to my family that I want to donate organs.

I was attracted by a post on Facebook that we should talk more openly about organ donation. I agree, this is very important. I made a decision to be a donor a long time ago, but I never found the time or opportunity to discuss it. That's why...

KAKO SE OPREDELIŠ?

Nacionalni register opredeljenih oseb glede darovanja organov in tkiv obstaja od leta 2004, od leta 2015 je možnost opredelitve za ali proti darovanju.

Do septembra 2022 se je v register vpisalo nekaj več kot 12.500 ljudi.

Opredeli se tudi ti in izrazi svojo voljo.
Ne prepusti odločitve svojcem.

OSEBNO

*S seboj prinesi kartico ZZZS in osebni dokument

1
Oglasi se na najbližji lokaciji za opredelitev.

2
Izpolni in podpiši obrazec.

#časjezaopredelitev
#opredelisezdaj
#darjevdarovanju

ELEKTRONSKO

*Potrebuješ veljavno e-identiteto

1
Obišči portal www.euprava.gov.si

2
Klikni na področje Zdravje/sociala/smrt in znotraj tega Darovanje organov.

3
V obrazcu označi svojo voljo in ga podpiši.



HOW TO MAKE A DECLARATION ABOUT ORGAN DONATION?

The national registry of declared persons was established in 2004. Since 2015 it is possible to declare for or against donation.

By September 2022 more than 12,500 people declared their will in the national register.

You should express your will. Don't leave the decision to your relatives.

PERSONALLY

*Bring an ID and a health insurance card

1
Come to the nearest location.

2
Sign a donor statement.

#itstimetoconsent
#makeadeclarationnow
#giftisingiving

ONLINE

*You need a valid digital certificate

1
Visit website: www.euprava.gov.si

2
Click on the category: Zdravje/sociala/smrt and then: Darovanje organov.

3
Mark your will in the form and sign it.



Iskrena hvala vsem sodelujočim, hvala projektni ekipi in najlepša hvala vsem tistim, ki ste z veliko mero poguma in pozitivne energije s svojo brazgotino podali najmočnejše sporočilo: **POSTANI DAROVALEC IN OMOGOČI ŽIVLJENJE!**

*Sincere thanks to all the participants, to the project team and many thanks to all those who, with a great deal of courage and positive energy, gave the strongest message with their scar: **BECOME A DONOR AND MAKE LIFE POSSIBLE!***

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Oktober 2022 | October 2022


Transplant

slovenija

transplant



RAJKO, 65

Brazgotina je moj ponos. Imam presajeno srce, nekdo mi je podaril srce. In to srce sedaj bije v mojem telesu. To so tako velike stvari, da se jim lahko le priklonim v znak hvaležnosti. In se poklonim svojemu darovalcu. Del njega živi v meni. Ljudje, odločite se in postanite darovalci.

RAJKO, 65

The scar is my pride. I have a transplanted heart! Someone gave me a heart! And this heart is now beating in my body. These are such great things that I can only bow to my donor in gratitude. A part of him lives in me. People – make decisions and become donors!

BRANKO, 72

S transplancijo se mi je odprl svet. Aktivno sem se vključil v športno dejavnost transplantiranih, se udeleževal svetovnih in evropskih športnih iger in se vključil v organizacijo domačih športnih aktivnosti dializnih in transplantiranih bolnikov.

Zahvaljujoč neznanemu darovalcu (in njegovim svojcem), zdravnikom specialistom (nefrologom in urologom) ter znanosti o transplanciji mi je bilo omogočeno, da sem obiskal vseh 5 kontinentov. Nikoli ne bi videl toliko sveta, če ne bi zbolel!

BRANKO, 72

With the transplant, the world opened up for me. Since the surgery, I have been actively involved in sports activities with other transplant patients, participated in world and European sports games and got involved in the organization of local sports activities for dialysis and transplant patients.

Thanks to the anonymous donor (and his relatives), medical specialists (nephrologists and urologists) and transplant science, I was able to visit all 5 continents. I would never have seen so much of the world if I hadn't become ill!





ANDREJ, 48

Hvaležen sem za vsak dan, uro, minuto, sekundo, ki mi je namenjena v drugem polčasu. Meni in drugim transplantirancem je bilo dano, da igramo drugi polčas in če se bomo dobro borili, sledijo še podaljški! Vsak večer se zahvalim za to novo priložnost. Ljudje, ki se odločijo, da bodo postali darovalci, so ljudje z veliko začetnico. Vedo, da se lahko v trenutku vse spremeni, življenje ugasne in da lahko tudi po tem še vedno pomagajo ne le enemu, temveč več bolnim osebam.

ANDREJ, 48

I am grateful for every day, hour and minute that is given to me in my second half of life. My fellow transplant recipients and I have been given the chance to play the second half and if we fight well, extra time will follow! Every evening I say to myself: 'Thanks for this new opportunity!' People who decide to become donors are true humans with a capital H. They know that everything can change in an instant. Life can end but despite that, they even after that they can still help not only one, but several ill people.



ANJA GARBAJS, 47

Ko čakaš na presaditev, je nešteto neznank, strahu in vprašanj ter ena sama neskončna želja po življenju. Razmišljaš le o sebi, kako bo šlo, kaj te čaka ... Šele po opravljeni transplantaciji in rehabilitaciji pomisliš na tistega, čigar organ nosiš v sebi. In postaneš neskončno hvaležen. Ker se je nekdo v času svojega življenja odločil, da bo po smrti daroval svoje organe, ti zdaj živiš. Misel, da lahko nekemu po svoji smrti podariš novo rojstvo, je večja od življenja! Hvala vsem, ki ste se opredelili za darovalca in hvala vsem tistim, ki se še boste.

ANJA GARBAJS, 47

When you are waiting for a transplant, there are countless unknowns, fears, questions and a single endless desire to live. You can only think about yourself, how it will go, what awaits you. It is only after the transplant and rehabilitation that you think about the one whose organ you carry inside you. And you become infinitely grateful. Because someone decided during his/ her lifetime to donate his/ her organs after death, you now live! The thought that you can give someone a rebirth after your death is bigger than life! Thank you to everyone who decided to become a donor and thank you to all those who will go on to decide.

JANEZ, 56

Ko po čudežnem klicu stopiš na transplantacijsko pot, ki ti je podarjena, darovana v najtežjih, večinoma tragičnih trenutkih nesebično od neznanih oseb, čutiš, da ti je z medicinskim znanjem, s treznimi glavami in mirnimi rokami izvedena operacija rešila življenje. Ob podpori svojih najbližjih in vseh tistih, ki jim je mar zame, lahko rečem samo HVALA.

Vsaka iskrica, delec, atom čudežnega mozaika, ki je potreben za tovrsten uspeh, nosi na naših brazgotinah življenjski pomen in ponosni smo na to.

Sem prejemnik dveh organov, ki mi pomenita ŽIVLJENJE, s ponosom stopam po sveži poti novih priložnosti in svojo lepo zgodbo z nasmehom na obrazu širim tudi med vas.

JANEZ, 56

When, after a miraculous phone call, you are offered a transplant from a complete stranger, which is available to you under the most tragic circumstances, you realise that operation, performed by expert medical professionals has saved your life. With the support of my loved ones and all those who care about me, I can only say THANKYOU.

Every spark, particle, atom of the miraculous mosaic that is necessary for this kind of success carries a vital meaning on our scars and we are proud of it.

I am the recipient of two organs that mean LIFE to me. I walk with pride towards new opportunities and spread my beautiful story with a smile on my face.





MILORAD, 65

Žame je presaditev nova priložnost. Na novo sem se rodil. Ves čas zdravljenja sem poskušal ohraniti optimizem. Pokonci sta me držala smeh in moja družina. Seveda je bil prisoten tudi strah, da transplantacija ne bo opravljena pravočasno. A vse je bilo dobro. Moja brazgotina mi kaže, da sem vstal od mrtvih. Tako blizu smrti sem bil. Srce mi je delalo le še 15-odstotno. Sedaj po transplantaciji imam srce, ki bije in dela 115-odstotno. Moj vsakdan je sestavljen iz dolgih sprehodov, kolesarjenja, vsega tega, česar prej nisem mogel početi. Želim si, da bi se vse več ljudi odločalo za darovanje organov. Eno življenje, ki se je končalo, lahko reši veliko ljudi.

MILORAD, 65

For me, the transplant is a new opportunity. I was born again. I tried to remain optimistic throughout the treatment. Laughter and my family kept me going. Of course, there was also the fear that the transplant would not be done on time. But everything went well. My scar shows that I have risen from the dead. I was so close to death. My heart was only working at 15%. Now, after the transplant, I have a heart that beats and works at 115 percent. My everyday life consists of long walks, cycling, everything that I couldn't do before. I wish more and more people would decide to donate organs. One life that ends can save many lives.



MIHA, 50

Transplantacija je nova priložnost v življenju in neke vrste privilegij, s katerim postane podarjeno življenje boljše in kakovostnejše. Zato je opredelitev za darovanje organov po smrti prava odločitev, saj s tem dejanjem omogočimo nekomu novo življenje, zato vedno pravim **POSTANI DAROVALEC in PODARI ŽIVLJENJE.**

Spoznal sem, da je potrebno izkoristiti sleherni dan na najboljši možen način in zato sem najvse hvaležen svojcem darovalca, ki so se kljub težki izgubi odločili za tako plemenito dejanje.

MIHA, 50

*Transplantation is a new opportunity in life and a kind of privilege that makes the donated life better and of higher quality. Therefore, the decision for organ donation after death is the right choice, because with this act we give someone a new life, that's why I always say **BECOME A DONOR and DONATE LIFE.***

I have realized that it is necessary to seize every day in the best possible way and therefore I am extremely grateful to the relatives of the donor who, despite the heavy loss, decided to carry out such a noble act.



NINA, 36

Presaditev jeter je bila zame pot v novo življenje. Pred tem sem imela nešteto vprašanj, dvomov, strahov. Bala sem se, da sama ne bom zmogla sprejeti tujih jeter. A ti strahovi so izginili v hipu, ko sem po transplantaciji odprla oči in začutila, da živim, da spet živim oziroma da šele sedaj živim. Da, šele sedaj zares živim.

Podariti življenje, postati darovalec je brezpogojna ljubezen, ki ne pozna imen, a je močnejša od smrti. Del nekoga, ki ga ni več med nami, živi naprej v meni, njegova jetra so sedaj moja. In zaradi te osebe živim. Je lahko kaj še večje in močnejše od tega? Od življenja? Postani darovalec. Hvala.

NINA, 36

Liver transplantation was the way to a new life for me. Before that, I had countless questions, doubts, fears. I was afraid that I would not be able to accept a liver from a foreigner. But all the fears disappeared in an instant, when I opened my eyes after the surgery and felt that I was living again, or more precisely that I was actually alive. Yes, I truly live now!

To give life, to become a donor is displaying unconditional love that knows no names but is stronger than death. A part of someone who is no longer with us lives on in me. Their liver is now mine. And because of this person I live. Can anything be bigger and stronger than this? From life? Become a donor! Thank you.

TINA, 37

Ko življenje ni več samo črna pika, ko se prestavi konec, ko se umirijo strahovi, ko telo ponovno dobi moč in vsakdan postane še bolj poln in celovit. Ko življenje zaokroži.

Po vsem tem intenzivnem času, ki se zgodi z odpovedjo življenjsko pomembnega organa in pravim upanjem, ki ga prinese zdravljenje s presaditvijo, občutiš globoko hvaležnost za odločitev nekoga, ki ti je posmrtno daroval organ, in do celotnega sistema in ljudi, ki ti svojim delom rešijo življenje.

TINA, 37

When life is no longer just a black dot, when the end is postponed, when fears calm down, when the body regains strength and everyday becomes even more full and complete. When life becomes a full circle.

After all the intensity that arises with a failure of a vital organ and the real hope that transplant treatment brings, you feel a deep sense of gratitude for the decision of someone who donated your organ posthumously and for the whole system and the people who save lives.



SANDI SKORNŠEK, 33

Darovanje organov pomeni podariti življenje. To je najbolj plemenito dejanje. Ni besed, ki bi opisale, kaj mi presaditev pomeni. Brazgotina me opominja, da ni nič samoumevno in da je vsak dan vreden, da ga živim polno. Spomnim se, kako hudo je bilo z mano. Tega ne bom pozabil. A močna volja in želja po življenju delata čudeže. Sedaj dajem samemu sebi prednost in uresničujem svoje sanje.

SANDI SKORNŠEK, 33

Donating organs means donating life. It is the most selfless and noble act. There are no words to describe what a transplant means to me. The scar reminds me that nothing can be taken for granted and that every day is worth living to the fullest. I remember how bad it was for me. I will never forget! But a strong will and a desire to live kept me going. Now I put myself first and make my dreams come true.

