

Register as a donor?  Yes  No

Usually, acts of profound kindness  
and generosity require more effort.

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[donatelife.net](http://donatelife.net)

# Changing Lives



**Chris F.**

**Cervical fusion surgery and spine graft recipient**

When his sister needed a kidney transplant, Chris donated one of his kidneys to help her. Ironically, years later, he never imagined that he would be on the receiving end of such a gift. A severe form of spinal stenosis caused Chris so much pain, he could no longer do simple things like type, hold a coffee mug or hug his wife. Donated bone grafts were used to take pressure off his spinal cord and relieve the pain. These days, Chris is experiencing the incredible life altering experience tissue donation has had on his life. He is back to doing things he had once taken for granted like playing catch with his daughters and enjoying the outdoors.

# Changing Lives



**Chris M.**

**ACL reconstruction and tendon graft recipient**

It was the beautiful scenic landscape and challenging terrain that drew Chris to Utah's invigorating outdoor activities. Extreme sports like snowboarding and mountain biking are the activities he loves doing the most. Unfortunately, along with the thrill of extreme sports, knee and shoulder injuries are common and Chris has had more than his share. But donated tissue has helped Chris come back from surgery to repair both his left knee and his shoulder. A few months after his last surgery, Chris was back on his bike riding about 3000 miles over the next year and snowboarding 83 days. Today, he is thrilled to be back enjoying the sports he loves.

# Changing Lives



## Julie

### **Tibia surgery and bone graft recipient**

Julie promised her family a life filled with great outdoor adventures when they relocated to Utah. On Memorial Day weekend in 2013, she crushed her tibia while riding her daughter's dirt bike. Repairing it required a talented surgeon, a titanium plate, seven pins and donated human tissue. Six months after her surgery, the donated bone implanted in her tibia had produced enough bone growth that her surgeon was able to complete additional surgery needed to repair her knee. Today, Julie finds herself engaged in new adventures with her family some of which include hiking and camping.

# Changing Lives



## Mary

### **Breast reconstruction surgery and skin graft recipient**

Mary, an energetic teacher in Houston, was devastated by the news of triple negative breast cancer - the most aggressive type of breast cancer affecting mostly young, pre-menopausal minority women. Mary had always been a picture of health. In fact, cancer had never visited her family tree. Following chemotherapy, Mary chose to have a bilateral mastectomy to avoid the possibility of cancer affecting her other breast. A few months later, she scheduled breast reconstruction surgery and decided to use donated skin grafts for the procedure. Today Mary enjoys running again, spending vacations at her countryside home in France and speaking to small groups about her cancer journey.