

## What Happens During a Living-Donor Liver Transplant

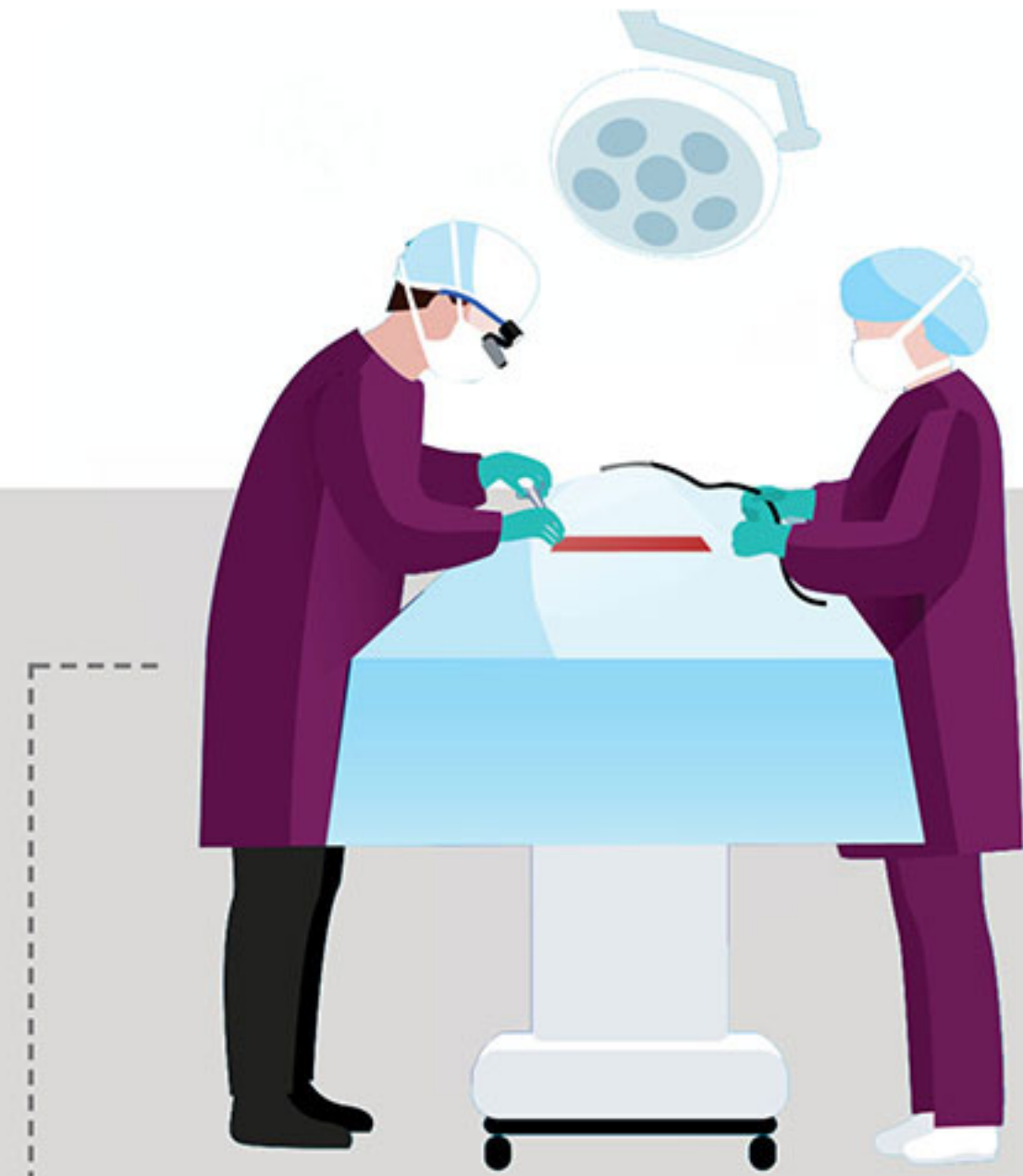
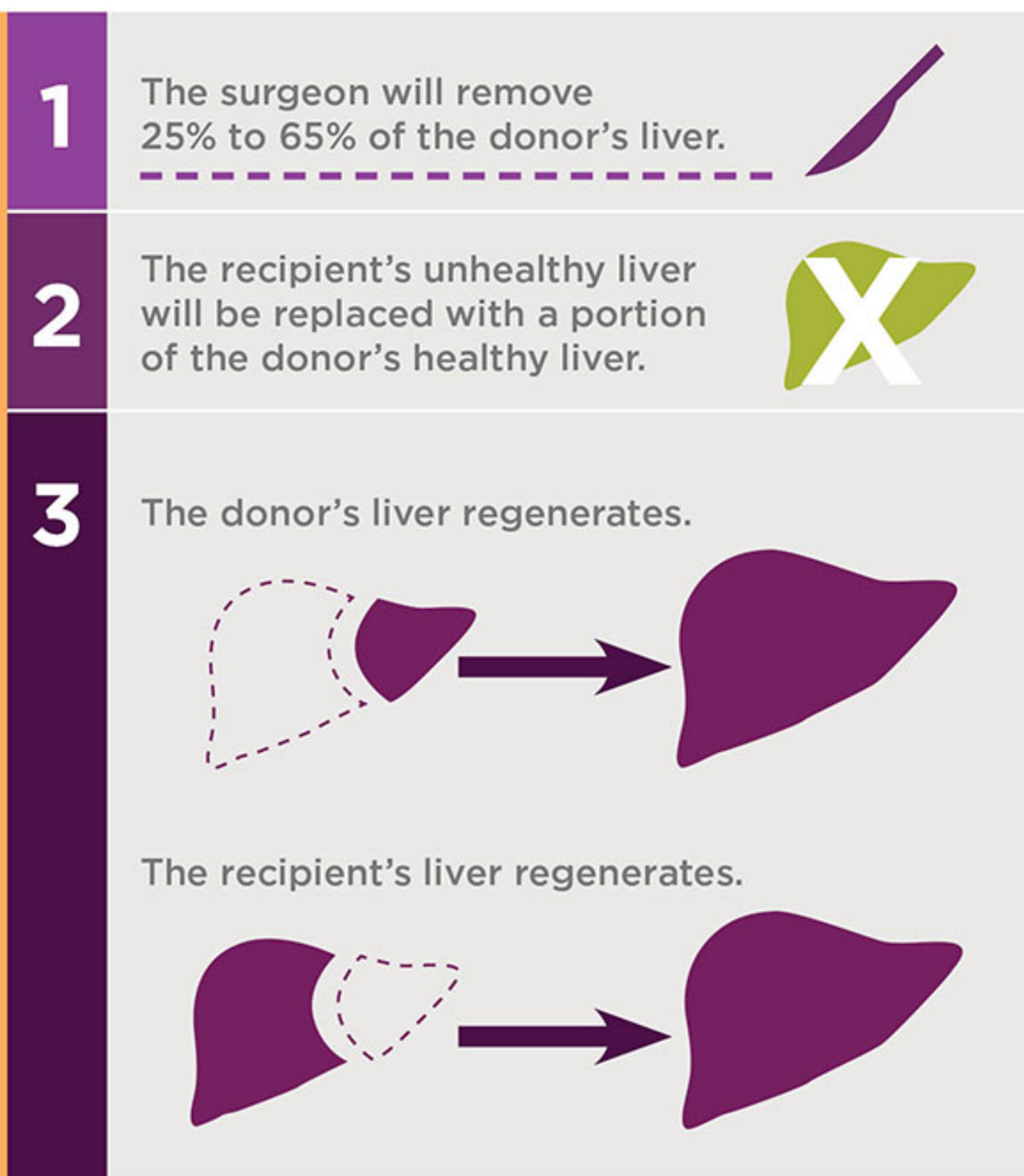
During a living-donor liver transplant, a portion of the liver from a healthy donor is removed and transplanted into the recipient.

The potential donor is carefully evaluated before the surgery to determine if he or she can tolerate the operation, and if the one in need will benefit from the donor liver. The evaluation includes:

- Physical and psychological exams for potential donors
- Blood work
- Additional tests

## Liver Transplant Process

Here's what to expect:



The coordinator or surgeon will be able to provide more details about a candidate's specific surgery.

The need for living-liver donors is a big one. 30 million Americans have some form of liver disease.



 = 1 million people

## Recovery for Living-Donor Liver Transplant

The liver is one of the few organs that can regenerate. It usually takes about eight to ten weeks for it to grow back to full size. The full recovery of the donor generally takes a few months before he or she is back to his or her previous level of health. **However, it's important to note that recovery times after living-donor liver transplants may vary.**

To be an effective Champion, you'll need to use as many channels as possible. This section will explore different resources that can help you spread the word about your loved one's need further and more efficiently.

## Social Media

While social media has long been a tool for sharing pictures or personal stories, it is also a growing resource for finding the help people need for some of life's heavier issues. The most popular and effective social media platform regarding this type of request is Facebook. We'll take a look at how that site can help you the most in your role as the Champion.

### Creating a Facebook Page

If you don't have a personal Facebook profile, you'll need to set one up. Don't worry, it's simple and free of charge.

For those of you already familiar with Facebook, skip ahead to our Posting Pointers on page 24. Look for this location icon.



**1** Go to [www.facebook.com](http://www.facebook.com).

**2** If you see the sign-up form, fill out your name, your email address or phone number, a password that you've created and will be able to remember, your birthday, and your gender. If you don't see the form, click **Sign Up**, then fill out the form.

**3** Click **Sign Up**.

When it comes to your contact list, start with those that are close to the person needing a transplant — this may take a little digging.



Once you sign up, you'll need to confirm your email address or phone number. Facebook will then send you either an email or a text message to help you confirm your account. After your page is set up, you can begin requesting friends. We strongly suggest you start with, and keep to, family and friends you know and trust.



## Creating a Group Page

If you don't want to use your personal Facebook page in your search for a donor, you can create a group Facebook page specifically for that purpose. Again, it's fairly simple and free of charge. Here's what you do:

**1** Click the down arrow in the top right of Facebook and select **Create Group**.

**2** Fill in your group name, those you want to add to your group, and then choose the privacy setting for your group.

**3** Click **Create**.

**Facebook remains a great way to get your message out to your connections, as well as the connections of your connections.**

## Making the Group Easy to Remember

Once you've created a Facebook group page, you can develop an easy-to-remember web address. To create a customized web address for a group that you manage:

**1** Go to your group and click the ellipses (...) in the top right corner and then select **Edit Group Settings**.

**2** Next to Web and Email Address, click **Customize Address**.

**3** Enter an address for your group. The address can't have special characters and can only include letters, numbers, and a period (ex. FindPaulALiver).

**4** Click **Customize Address**. This will also create a customized email address that matches the web address.

**5** If the address you choose is available, it will become your web and group email. If it's taken, you can choose a different address.

**Please note:** Once you customize your web and email address, you won't be able to change it.

# Getting Started

Now that you've set up your Facebook page and know some of the tools that are there to help you, it's time to make your first post. This is when you'll first tell your loved one's story and ask for help. Here are a few tips for crafting one, as well as some examples to help inspire you.

**Whether you make this appeal through social media or in person, it should follow this outline, but in your own style.**

- AN OPENING:** Convey your desire to start an important conversation, and include the reassurance to the potential donor that he or she will not have to make any decisions as a result of it.
- THE WHO:** Explain for whom you're making this request.
- THE WHAT:** Provide a brief summary of the medical condition that is requiring this transplant.
- THE WHY:** Offer the reason why a transplant is necessary.
- THE WHEN:** Include a sense of urgency as well as how much time a living donor might need to invest.
- A CLOSE:** Ask the potential donor to take the time to think about it, and if he or she is interested in helping, offer ways to contact you for more information.

## "Initial Appeal" Post

**Group Name**

Okay, here goes - a life-changing request if there ever was any. You all know my dad, Paul. You may also know he has been very sick with liver cancer. Well, we just found out that he will need a liver transplant. This was tough to hear, but he is hopeful and determined to beat this. We know it's a lot to ask, but would anyone be interested in learning more about being his living donor? Simply put, we need someone soon who is a match and is willing to donate a piece of his or her liver in order to save his life. Please send me a private message if you would like to talk more or would be interested in helping.

Like Comment Share

## "Update" Post

**Group Name**

Hi everyone! Thank you for all the love and support. It certainly means a lot to our family. My dad is headed back to the hospital for some more tests, but his spirits are up. The search is still on for his living donor. A few people have been tested, but we have not found a match yet. Please reach out if you want to learn more and possibly help.

Like Comment Share

## "Life Event" Post

**Group Name**

We celebrated dad's 64th today. A great time was had by all. He's still in great spirits as the search for a living donor continues. He's even started talking about where to hold his 65th. Let's find someone to help make it happen. Now THAT would be the ultimate birthday gift.

Like Comment Share

## "Found a Donor" Post

**Group Name**

A match has been found! Thank you all so much for your help over the past few months. We are so excited. We are in the process of scheduling his surgery and will let everyone know how it goes.

Like Comment Share

If you're new to Facebook, keep in mind that the more you use it, the more comfortable you'll be with it. In other words, be patient with your own learning curve.

## Posting Pointers



The most important thing to remember when posting is to keep people emotionally invested. Be sure to create the content in your own style, always stay positive, and use these simple tips and tools when documenting this journey to help sustain interest in your story.

## Posting Suggestions



**Photos** – Whether they're of fond memories or recent progress, people love them.



**Motivational Posts** – Keep everybody's spirits up, including yours.



**Videos** – More movement than photos – and possibly more moving.



**Personal Experiences** – Share stories about what your loved one is doing beyond this challenge (vacations, good days, etc.) to show that there is so much more life to live.



**Shares & Likes** – “Share” or “like” someone else's story of a loved one in need and there's a good chance they'll do the same with yours. Also, don't be afraid to take the initiative and encourage people, in a friendly way, to like your page or share your posts.



**Tags** – Tell your story to more than just your friends. Tell it to your friends' friends.



**Responses** – Show your appreciation to those who are participating to whatever extent in helping you to find a donor.



**Livestream** – Talk to others and answer their questions (almost) face to face.



**Acknowledgements** – Let others know how individuals have been there for you, no matter how large or small the deed.



**Hashtags** – Create catalogues of this challenge so folks can easily find out what's going on.

## How Often and How Long



**2 to 3 posts per week** – Less than that and people might lose interest. More than that and they may feel overwhelmed.

**250**  
↓  
**80**

**Keep it short** – A post below 250 characters is great. A post below 80 characters is even better.

**Note:** Don't feel like you need to use all of these. You can just stick to those with which you are most familiar.

## Facebook Help Center

If you still have any questions or concerns that this toolkit doesn't cover regarding Facebook, the site has a comprehensive Help Center that covers most issues. Just go to the “down arrow” button on the right-hand side of the toolbar on your page, click on it, and scroll down to “Help.” From there, search for answers to questions or scroll down to “Visit the Help Center.”

# Non-Digital Resources

## Word of Mouth

Whether it's the occasional phone call with a family member or friend, or the bumping into someone familiar at the grocery store, any time spent with someone is another opportunity to further the journey to find a suitable donor.

## Social Groups

Regular gatherings, such as book clubs, recreational sports leagues, church groups, alumni groups, etc., keep those with whom you share a common connection informed and up-to-date on what is happening with the person in need of the transplant.

Gym or fitness center



Family or friend gatherings



School



Work



Place of worship

## Non-digital mediums



- Local traditional media (i.e. television, radio, print, etc.)
- Pamphlets
- Business cards