

JENNIFER

RECIPIENT OF: CARTILAGE ALLOGRAFT



RUNNER LOOKS FORWARD TO ACTIVE FUTURE AFTER CARTILAGE TRANSPLANT

After overcoming a knee injury and returning to running, Jennifer was devastated when another accident halted her active lifestyle.

Her initial knee injury resulted from a rollerblading accident. Following that injury, Jennifer was told she should never run again, but anyone who knows runners, knows that it is a hard activity to stop. After taking five years off, she started running again with no pain. Thrilled, she jumped back into her exercise routine, that was until her three-year-old jumped on her knee and reinjured it.

"I have always been an active person. Our family is a very active family," Jennifer said. "I've been a runner for my entire life. Without it, I was depressed, had trouble sleeping, and felt like I had to find a new way to identify myself."

Jennifer was unable to participate in normal activities without pain and worried that her ability to run would be a thing of the past.

Looking for a solution that would help her return to her lifestyle, Jennifer had surgery to repair her knee and received a cartilage allograft as part of the procedure. Since she works in the medical field, Jennifer was familiar with the idea of a tissue transplant. She also understood that cartilage allografts can come from donors that are between one month and 12 years old.

"What struck me very personally was knowing that the tissue donor was potentially a child," she said. "That affected me greatly, to understand the loss that the donor's family had to go through, the

sadness of that. I am at a loss for words to properly convey my gratitude, my understanding of how someone could be so selfless, to donate tissue, when faced with that kind of loss."

Jennifer still has healing time before she can start running again, but knowing that she will be able to run provides her happiness and hope. She is looking forward to the day she can participate in races with her friends to raise money for charity.

Jennifer understands that her life has been greatly enhanced by the gift of tissue donation. Her message to her donor and donor family is one of gratitude.

"Thank you, from the bottom of my heart, for giving me what I could not give myself. Thank you for being so kind, and selfless, and open-hearted. I hope to make you proud, and make you see that I understand and appreciate how precious your gift is. I will never take it for granted."