

## KATE

RECIPIENT OF: TENDON ALLOGRAFT



# TENDON ALLOGRAFT HELPS COLORADO WOMAN GET BACK OUTSIDE



For Kate, an energetic Colorado resident, a torn ACL was a devastating injury. She led a very active life and did not want the injury to rob her of her favorite hobbies.

Kate tore her ACL 20 years ago and doctors repaired it using an autograft, a tendon from her own body. Unfortunately, she tore it again while skiing. This time around, doctors opted for a tendon allograft, recovered from a donor who passed away.

*"I felt that the more recent surgery using the tendon allograft had me back doing the things I love much faster and with no pain,"* Kate said.

After her recovery, Kate returned to the outdoor sports that she loves. She is able to hike, run, bike and ski thanks to her healed ACL.

She thinks of her donor's family and feels sad for their loss and extremely appreciative for the tendon donation that improved her quality of life. She honors her donor by staying healthy and exercising as much as she can.

Kate has a unique appreciation for donation, and not just because she is the recipient of donor tissue. Her husband will soon be an organ recipient - he is scheduled to have a kidney transplant due to Type 1 Diabetes.

*"He is fortunate to have a living donor, but so many have died waiting on the list,"* she said. *"I know how important it is to be registered."*

Though many people understand the life-saving and life-enhancing benefits of organ and tissue donation, Kate and her husband are a testament to just how crucial it really is and the amazing ways it can change lives.