NHS

Rhoi Cornbilennau.
Rhoi golwg yn rhodd.

Ydych chi wedi cofrestru eto?

Ymunwch â Chofrestr Rhoddwyr Organau'r GIG

0845 60 60 400

www.uktransplant.org.uk

Helpwch eraill i weld eto

Bob blwyddyn yn y DU, mae gwyrth trawsblannu cornbilennau'n helpu i adfer golwg dros 2,000 o bobl ddall a phobl sy'n gweld yn rhannol. Ond mae prinder cornbilennau a roddir yn golygu y gallai llawer mwy gael cyfle i weld eto, petai mwy o roddwyr.

Mae angen trawsblaniadau cornbilennau oherwydd afiechydon neu anafiadau sy'n gallu arwain at ddallineb. Y meinwe clir sydd ar flaen ein llygaid yw'r gornbilen. Os bydd y gornbilen yn cymylu neu'n colli ei siâp, gall hyn amharu'n sylweddol ar ein golwg neu gall olygu ein bod yn colli ein golwg.

Yn wahanol i roi organau, pan fydd yn rhaid tynnu'r organau cyn gynted â phosibl ar ôl i berson farw, gellir rhoi eich llygaid hyd at 24 awr ar ôl i chi farw - felly mae hi'n bosibl i lawer mwy o bobl roi.

Sut mae rhoi cornbilennau a meinwe'n gweithio?

Mae meddygon a nyrsys wedi ymrwymo i wneud popeth o fewn eu gallu i achub bywyd a dim ond ar ôl i glaf farw yr ystyrir rhoi cornbilennau a meinwe.

Gall un rhoddwr adfer golwg dau berson drwy drawsblaniad cornbilen. Os rhoddwch organau a meinwe eraill hefyd, fel croen, esgyrn, falfiau'r galon a gewynnau, gallwch roi bywyd i lawer mwy.

Caiff cornbilennau a meinwe eu tynnu gyda'r un gofal a pharch ag unrhyw driniaeth arall. Nid yw'n atal perthnasau rhag ffarwelio â'u câr ac nid yw'n effeithio ar drefniadau'r angladd.

Caiff cornbilennau a roddir eu storio ym manciau llygaid y Gwasanaeth Trawsblannu Cornbilennau ym Mryste a Manceinion lle gellir eu cadw am hyd at bedair wythnos. Caiff y cornbilennau eu dosbarthu i'w trawsblannu ar gais drwy Trawsblannu DU y GIG i 170 o unedau trawsblannu cornbilennau ledled y DU.

Gadewch ddyfodol i rywun

Mae penderfynu a ydych am roi golwg yn rhodd i rywun arall ar ôl i chi farw yn rhywbeth personol iawn ac mae hi'n bwysig bod pawb yn penderfynu eu hunain.

Hyd yn oed os oes gennych gerdyn rhoi yn barod, dylech ymuno â Chofrestr Rhoddwyr Organau'r GIG er mwyn sicrhau y cofnodir eich dymuniadau. Trafodwch eich penderfyniad gyda'r rheini sydd agosaf atoch er mwyn iddynt fod yn ymwybodol o'ch dymuniadau petai'r sefyllfa'n codi.

Trwy ymuno â'r gofrestr, rydych yn cytuno i'ch organau a'ch meinwe gael eu defnyddio mewn trawsblaniad i achub neu wella bywydau pobl eraill ar ôl eich marwolaeth.

Dim ond ychydig o funudau y mae'n ei gymryd i ychwanegu eich enw at y gofrestr. Ond gallai achub bywyd rhywun.

Sut i ymuno â'r gofrestr

- **Ffoniwch 0845 60 60 400**
- **Edrychwch ar www.uktransplant.org.uk**
- **Llenwch y ffurflen sydd ynghlwm a'i dychwelyd atom.**

Ymgyrch Banc Cornbilennau a Meinwe'r Rotari

Cefnogir ymgyrch Banc Cornbilennau a Meinwe'r Rotari gan Rotary International, rhwydwaith byd-eang o wirfoddolwyr gwasanaeth sydd â thros 1.1 miliwn o aelodau mewn 166 o wledydd ym mhedwar ban byd. Caiff aelodau'r Rotari eu hannog i gynnal rhaglenni gwybodaeth cymunedol a anelir at godi ymwybyddiaeth o'r angen am roi rhagor o gornbilennau a sut mae cofrestru dymuniad i fod yn rhoddwr.

Pa feinwe arall y gellir ei roi?

Defnyddir esgyrn i helpu i wella ac adfer symudedd a gall olygu na fydd yn rhaid i gleifion canser golli braich neu goes.

Caiff falfiau'r galon eu trawsblannu i achub bywydau cleifion sy'n dioddef o falfiau afiach neu falfiau sydd wedi'u difrodi a phlant ifanc a aned gyda chalon nad yw wedi'i ffurfio'n iawn.

Gall croen helpu i achub bywyd pobl sydd wedi dioddef llosgiadau difrifol. Gall impiad croen helpu i leihau'r boen ac mae'n paratoi meinwe gwaelodol ar gyfer triniaeth yn nes ymlaen. Mae hefyd yn helpu i leihau'r creithio, ond gall gymryd sawl impiad croen i helpu claf sydd wedi dioddef effaith sylweddol.

Gellir defnyddio gewynnau i adfer symudedd mewn cleifion y niweidiwyd cymalau eu pen-glin yn ddrwg, fel rheol ar ôl anaf chwaraeon.

I gofrestru neu i gael rhagor o wybodaeth neu i archebu rhagor o gopïau o'r daflen hon:

To register, get more information or to order more copies of this leaflet:

- **Llinell Rhoddwyr Organau**
  Organ Donor Line
  0845 60 60 400
- **www.uktransplant.org.uk**

Rhoi organau.
Fel y gall bywyd barhau.

Organ donation.
So life can go on.

Roedd genyn diffygiol yn golygu bod yn rhaid i ddau o dri phlentyn Catherine Windebank gael trawsblaniad cornbilen misoedd ar ôl iddynt gael eu geni - neu wynebu oes o fod yn ddall.

Ganed Harriet a Glynn Windebank gyda chyflwr a drosglwyddir yn enetig a oedd yn cymylu eu cornbilennau ac yn eu hamddifadu o'u golwg.

Dywedodd eu mam:

"Mae'r impiadau cornbilen wedi gwneud byd o wahaniaeth i'n plant sydd wedi cael eu trawsnewid i fod yn bobl ifanc abl, annibynnol a hollol normal.

"Byddwn bob amser yn arbennig o ddiolchgar i deuluoedd y tri rhoddwr a wnaeth y penderfyniad dewr i adael i'w hanwyliaid helpu rhywun arall."

Mae Elizabeth yn bennaeth caffael mewn awdurdod lleol. Pan oedd hi'n 18 oed dirywiodd ei golwg yn sydyn a chafodd ddiagnosis o glefyd cornbilen. Llwyddodd i ymdopi am flynyddoedd nes i'w golwg waethygu cymaint fel na allai ymdopi mwyach.

"Roedd yn ddychrynllyd. Daeth fy mywyd i stop yn llwyr. Doeddwn i ddim yn gallu gyrru, astudio, gwneud fy ngwaith yn iawn na marchogaeth fy ngheffylau.

"Yn y pen draw roeddwn yn ddigon ffodus i gael trawsblaniad cornbilen yn un llygad a chefais fy mywyd yn ôl eto.

"Rwyf yn arbennig o ddiolchgar i'm rhoddwr – mae eu rhodd wedi rhoi fy mywyd yn ôl i mi."

Roedd Ambrose Field yn fforman peirianneg wedi ymddeol ac ar ôl iddo gael diagnosis o gataractau a bod y gornbilen wedi treulio, roedd angen dau drawsblaniad cornbilen arno mewn tair blynedd.

Derbyniodd un gornbilen gan Tom Searle a oedd yn 83 mlwydd oed. Roedd ei deulu'n gwybod ei fod eisiau bod yn rhoddwr ar ôl iddo farw.

Dywedodd ei weddw Hilda:

"Roeddem wedi siarad am drawsblaniadau ac roedd Tom bob amser yn dweud ei fod yn gobeithio y byddai rhyw ddarn ohono'n ddefnyddiol. Roedd gwybod bod rhan ohono wedi mynd i helpu rhywun arall yn help mawr i mi wrth alaru amdano."

Cofrestrwch fy manylion ar
Gofrestr Rhoddwyr Organau'r GIG

Defnyddiwch BRIF LYTHRENNAU gan ddefnyddio beiro ddu.

Fy enw a'm cyfeiriad

Cyfenw

Enw(au) cyntaf

Dyddiad geni / / Gwryw ☐ Benyw ☐

Cyfeiriad

Cod post

Fy nymuniadau

Rwyf eisiau rhoi: (Ticiwch y blychau perthnasol)

A. unrhyw un o'm horganau neu fy meinwe ☐ ***neu***

B. fy cornbilennau ☐ calon ☐ afu/iau ☐
arennau ☐ ysgyfaint ☐ pancreas ☐

ar gyfer trawsblaniad ar ôl i mi farw.

Llofnod

Dyddiad

Fy nharddiad ethnig

Mae hi'n fwy tebygol y ceir cyfatebiad agosach a thrawsblaniad llwyddiannus os daw'r rhoddwr a'r derbynnydd o'r un grŵp ethnig. Ticiwch y grŵp ethnig sy'n eich disgrifio chi orau.

Gwyn: Prydeinig ☐ Gwyddelig ☐ Arall ☐

Cymysg: Caribïaidd Du/Gwyn ☐ Asiaidd/Gwyn ☐

Affricanaidd Du/Gwyn ☐ Arall ☐

Asiaidd neu Asiaidd Brydeinig: Indiaidd ☐

Pacistanaidd ☐ Bangladeshaidd ☐ Arall ☐

Du neu Ddu Brydeinig: Caribïaidd ☐

Affricanaidd ☐ Arall ☐

Categorïau ethnig eraill: Tsieineaidd ☐ Arall ☐

Dim ateb ☐

Sicrwydd Diogelu Data. Cofnodi eich dymuniadau ar Gofrestr Rhoddwyr Organau'r GIG yw unig bwrpas llenwi'r ffurflen hon. Mae'r holl ddata a brosesir gan Trawsblannu yn y DU yn cael ei wneud yn unol â darpariaethau Deddf Diogelu Data 1998. Dim ond at ddibenion gweinyddol y defnyddir eich manylion gan staff neu asiantau Trawsblannu yn y DU ac ni chânt eu rhyddhau i unrhyw drydydd parti heb eich caniatâd ysgrifenedig. Gellir prosesu'r data a ddarparwch ar ein rhan mewn gwlad nad yw fel rheol yn rhwym wrth gyfraith diogelu data'r UE. Os felly, byddwn yn sicrhau y caiff y data ei ddiogelu yn unol â gofynion yr UE.

Os ydych yn dymuno newid eich cofnod neu ei dynnu oddi ar Gofrestr Rhoddwyr Organau'r GIG cewch wneud hynny drwy ffonio'r Llinell Rhoddwyr Organau ar 0845 60 60 400, edrych ar **www.uktransplant.org.uk** neu ysgrifennu atom yn y cyfeiriad dros y ddalen. Oherwydd y nifer uchel o ffurflenni a dderbyniwn, yn anffodus ni allwn gadarnhau ein bod wedi derbyn y ffurflen hon. Diolch yn fawr.

RHWYGWCH A GWLYCHWCH YR YMYL GLUDIOG GYFERBYN - TEAR AND MOISTEN GLUED EDGE OPPOSITE

Y ffeithiau

Bob blwyddyn yn y DU, cyflawnir dros 2,000 o drawsblaniadau cornbilen sy'n arbed golwg pobl.

Dywed nifer o berthnasau eu bod wedi derbyn cysur o wybod bod colli eu câr wedi rhoi cyfle i rywun arall fyw.

Rhoi organau a meinwe i helpu eraill ar ôl i chi farw yw'r rhodd mwyaf gwerthfawr.

Gallai'r rhan fwyaf o bobl roi meinwe. Gellir rhoi llygaid, croen ac esgyrn hyd at 24 awr ar ôl marw, a gellir rhoi falfiau'r galon hyd at 48 awr ar ôl marw.

Mae dros 13 miliwn o bobl yn y DU eisoes wedi ymuno â Chofrestr Rhoddwyr Organau'r GIG.

Am ragor o wybodaeth:

0845 60 60 400

www.uktransplant.org.uk

Mae gwasanaeth Trawsblannu'r DU yn rhan o Awdurdod Gwaed a Thrawsblannu'r GIG.

NHS

Cornea donation.
The gift of sight.

Signed up yet?
Join the NHS Organ
Donor Register

0845 60 60 400
www.uktransplant.org.uk

Donated corneas are stored in Corneal Transplant Service eye banks in Bristol and Manchester where they can be kept for up to four weeks. The corneas are distributed for transplantation on request through NHS UK Transplant to 170 cornea transplant units around the UK.

Leave someone a future

To decide whether or not you wish to give the gift of sight to someone else after you have died is something very personal and it is important that everyone makes their own decision.

Even if you already carry a donor card you should join the NHS Organ Donor Register to ensure your wishes are recorded. Discuss your decision with those closest to you so they know your wishes should the time ever come.

By joining the register you are giving your agreement to your organs and tissue being used for transplantation to save or enhance the lives of others after your death.

Adding your name to the register will only take a few minutes of your time. But it could save someone else's life.

How to join the register

- **Call 0845 60 60 400**
- **Visit www.uktransplant.org.uk**
- **Fill in the attached form and return it to us.**

Help others to see again

Every year in the UK, the miracle of cornea transplantation helps to restore the sight of more than 2,000 blind and partially sighted people. But the shortage of donated corneas means that many more could be given the opportunity to see again, if there were more donors.

Cornea transplants are needed because of disease or injury, which can lead to blindness. Corneas are the clear tissue at the front of our eyes. When they become cloudy or mis-shapen, our vision is severely limited or we become blind.

Unlike organ donation, where organs have to be removed as soon as possible after death, your eyes can be donated up to 24 hours after death – so donation is possible for many more people.

How does cornea and tissue donation work?

Doctors and nurses are committed to doing everything possible to save life and cornea and tissue donation is only considered after a patient has died.

One donor can restore the sight of two people through a cornea transplant. If you donate organs and other tissue as well, such as skin, bone, heart valves and tendons, you can give life to many more.

The removal of corneas and tissue is carried out with the same care and respect as any other operation. It does not prevent relatives saying goodbye to their loved-ones or affect funeral arrangements.

Rotary Cornea and Tissue Bank campaign

The Rotary Cornea and Tissue Bank campaign is supported by Rotary International, a global network of service volunteers with more than 1.1 million members in 166 countries worldwide. Rotarians are encouraged to carry out community information programmes aimed at raising awareness of the need for more donated corneas and how to register a wish to become a donor.

What other tissue can be donated?

Bone is used to help improve and restore mobility and can prevent limb amputation for bone cancer patients.

Heart valves are transplanted to save the lives of patients suffering from diseased or damaged valves, and young children born with malformed hearts.

Skin can help to save the lives of severe burns victims. A skin graft helps to reduce pain and prepares underlying tissue for later treatment. It also helps to reduce scarring, but it can take a number of skin grafts to help a severely affected patient.

Tendons can be used to restore mobility in patients with badly damaged knee joints, usually following sports injuries.

A faulty gene meant two of Catherine Windebank's three children had to undergo cornea transplants within months of their birth – or face the prospect of a lifetime of blindness.

Harriet and Glynn Windebank were born with a genetically transmitted condition which clouded their corneas and robbed them of their sight.

Their mother said:

"The cornea grafts have made all the difference to our children who have been transformed into able, independent and entirely normal youngsters.

"We will always be so grateful to the families of the three donors who took the brave decision to let their loved ones help someone else."

Elizabeth is head of procurement for a local authority. At the age of 18 her sight suddenly deteriorated and she was diagnosed with a cornea disease. She managed to get by for years until her sight became so bad that she could no longer cope.

"It was scary. My life totally halted. I couldn't drive, study, do my job properly or ride my horses.

"I was eventually lucky enough to have a cornea transplant in one eye and my life just took off again. I am incredibly grateful to my donor – their gift has given me my life back."

Ambrose Field, a retired engineering foreman, needed two cornea transplants in three years after he was diagnosed with cataracts and wear and tear on the cornea.

He received one cornea from 83-year-old Tom Searle, whose family knew he wanted to be a donor after his death.

His widow, Hilda, said:

"We talked about transplantation and Tom always said he hoped some part of him would be useful. It helped my grieving a lot to know that part of him had gone to help someone else."

Please register my details on the NHS Organ Donor Register

Please complete in CAPITAL LETTERS using a black ballpoint pen.

My name and address

Surname

Forename(s)

Date of birth / / Male ☐ Female ☐

Address

Postcode

My wishes

I want to donate: (Please tick the boxes that apply)

A. any of my organs and tissue ☐ *or*

B. my corneas ☐ heart ☐ liver ☐
kidneys ☐ lungs ☐ pancreas ☐

for transplantation after my death.

Signature

Date

My ethnic origin

There's a better chance of getting a closer match and a successful transplant if the donor and recipient are from the same ethnic group. Please tick the ethnic group which best describes you.

White: British ☐ Irish ☐ Other ☐

Mixed: White/Black Caribbean ☐ White/Asian ☐
White/Black African ☐ Other ☐

Asian or Asian British: Indian ☐ Pakistani ☐
Bangladeshi ☐ Other ☐

Black or Black British: Caribbean ☐ African ☐ Other ☐

Other ethnic categories: Chinese ☐ Other ☐

Not stated ☐

Data Protection Assurance. Completion of this form is for the sole purpose of recording your wishes on the NHS Organ Donor Register. All data processed by UK Transplant is in accordance with the provisions of the Data Protection Act 1998. Your details will only be used for administration purposes by UK Transplant staff or agents and will not be released to any third party without your written consent. The data you provide may be processed on our behalf in a country not normally covered by EU data protection law. If so, we will ensure that the data will be protected in accordance with EU requirements.

If you wish to amend or withdraw your record from the NHS Organ Donor Register you can do so by calling the Organ Donor Line on 0845 60 60 400, visiting **www.uktransplant.org.uk** or writing to us at the address overleaf. Due to the large number of registrations we receive, we regret that we cannot confirm receipt of this form. Thank you.

The facts

Each year in the UK over 2,000 sight-saving cornea transplants are carried out.

Many relatives say that they have gained some comfort in knowing that the loss of their loved one has given someone else the chance to live.

The donation of organs and tissue to help others after your death is the most precious of all gifts.

Most people could donate tissue. Eyes, skin and bone can be donated up to 24 hours after death, while heart valves can be donated up to 48 hours after death.

More than 13 million people in the UK have already joined the NHS Organ Donor Register.

For more information:

0845 60 60 400

www.uktransplant.org.uk

UK Transplant is part of NHS Blood and Transplant.

NHS

Does dim angen stamp.

You don't need to use a stamp.

The NHS Organ Donor Register
UK Transplant
FREEPOST (SWB 1474)
Patchway
Bristol
BS34 8ZZ

61011/0/UKT

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