

# The Ultimate Teen Guide

REVIEW OF *Organ Transplants: A Survival Guide for the Entire Family*  
by Tina P. Schwartz

REVIEWED BY DIANA KING DREMAN

After searching and coming up empty-handed for a book that specifically addressed the challenges of young adults coping with organ donation, Tina P. Schwartz was empowered to write *Organ Transplants: A Survival Guide for the Entire Family*.



Diana King Dreman is a senior at Littleton High School in Littleton, Colo., and a volunteer with the Donor Awareness Council in Denver.

Included in the publisher's "It Happened To Me" series, her book gives brief glimpses of Schwartz's story, from getting the news of her father's need for an organ transplant to his successful transplant and posttransplant recovery. A collection of heartfelt, honest stories from other recipients and donors also are included, meant to educate, give hope and help readers remember that they are not alone.

Her message is to keep a positive attitude, while also advising that whatever is felt is acceptable, even if it is anger or frustration. She writes:

"Give yourself a break and stop thinking of yourself as mean for being sick of your parent being crabby or on edge or complaining a lot. Consider if you were given a second chance at life, you might want to do things differently."

Her approach is straightforward and sincere, speaking understandably about the often-unspoken fears and realities of organ transplantation.

Throughout the book, Schwartz empathizes with the range of emotions felt by family members and helps the reader put these feelings into a bearable perspective. Important poignant topics she addresses are jealousy and guilt.

Schwartz shares a personal story of how she was jealous of a family who had been in the waiting room with her family, and later she felt guilty. She also beautifully covers the kind of guilt many organ transplant recipients feel, acknowledging that "another had to die so that I could live."

In addition to describing the familiar emotions of transplantation, Schwartz includes a wealth of technical information. Using a question-and-answer format, she covers



specific information on heart, liver, kidney, pancreas and lung transplants, as well as typical questions family members might pose, such as "How do I know if I (or family member) need to be on the national transplant waiting list or not?" and "How do I (or family member) get on the waiting list?" A comprehensive list of topics that families face are included in an engaging and readable fashion.

Anyone searching for information regarding organ and tissue transplantation myths, media coverage, and controversies would find Schwartz's book valuable and informative. She also inspires and challenges the reader to make a difference, whether it is signing a donor card or starting a local donor awareness campaign.

As she says, "Anything is possible. But nothing will change if you don't try." □



**Organ Transplants: A Survival Guide for the Entire Family**—The Ultimate Teen Guide by Tina P. Schwartz is available from Scarecrow Press Inc., a subsidiary of Rowman and Littlefield Publishing Group Inc., Lanham, Md., 1-800-462-6420, [scarecrowpress.com](http://scarecrowpress.com).