Friends and Family Letter Template #1 (Liver version):

This letter is a guide to help you create a customized letter to send to your friends and/or family to tell them about your need for a liver donor. Feel free to talk to your donor search coach to get recommendations on what information to include and guidance on making changes and additions that are best for you. Areas that need to be customized are highlighted.

Dear family and friends:

I hope this letter finds you well and happy. I am writing because I have some important health news to share.

Over the past few months, I have had some health challenges, and my medical team is now recommending a liver transplant as my best chance to regain my health and quality of life.

The liver is a vital organ that processes nutrients, detoxifies harmful substances, produces essential proteins, and helps regulate metabolism, among other functions. When the liver stops working, it affects the whole body and can be life-threatening.

There are two ways I can get a liver: from a deceased donor or from a living donor. Many of you may not know about living liver donation—before this experience, I didn't either. Basically, living liver donors don't donate their entire liver—only a portion of it. Both the donor's and the transplant recipient's livers grow back to full size within six to eight weeks. You can donate a portion of your liver and still live a full, long, healthy life.

I [am on/plan to join DELETE THE VERSION THAT DOES NOT APPLY TO YOU] the waiting list to receive a liver from a deceased donor, but there are over 9,000 people in the U.S. waiting for a liver, and there are not enough to go around.

A living liver donor is a much better option for several reasons. First, it would help me get a transplant much sooner. Second, living donor livers tend to last longer than livers from deceased donors, with better transplant outcomes.

I am sharing all this with you because I am now looking for a living liver donor. I want to stress that you should not feel obligated in any way to donate, and neither I nor anyone in the family will try to convince you to become a donor. I know it is a big deal, and I would never want you to feel pressured or uncomfortable. Honestly, having your love and support at this time is more than enough, and I am very grateful for it.

Of course, if you or anyone you know is interested in learning more about the living liver donation process or exploring the possibility of becoming a donor, I would be happy to discuss it openly and answer any questions you may have. I understand that this is a significant decision, and I want everyone to make the choice that feels right for them.

If you want to learn more about the process, please visit my microsite [ADD YOUR MICROSITE URL HERE].

Thank you for taking the time to read this letter and for being an important part of my life.

Warmly,

[Your Name]
[Phone number or email address if comfortable sharing]