

your planning

# good reasons to donate

BY Giulia Simolo

Mamas & Papas investigates some reasons to consider why egg and sperm donation may be a good idea for you:

### You are giving life to someone

Much like donating blood, donating your genetic material is giving the gift of life.

### You offer parenthood to those in need

Parenthood used to be nothing more than a fantasy for me," says Marcy\*, a former time mother because of sperm donation. "That dream has become a reality."

### It does not negatively affect your fertility

Donation does not compromise your chances of conceiving your own children.

### It is legal

"All parties sign consent, which also includes counselling and testing for abnormalities or transmitted diseases," says attorney Adele van der Walt.

### You want to do something altruistic

Donation brings meaning to someone's existence and changes their world for the better.

### Donating is rewarding

"I have donated eggs before and would do it again," says Jasmine\*. "It made me so proud of myself!"

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### There is counselling available

"This is one of the benefits of donating through a clinic," says Jenny Currie, founder of the baby2mom Egg Donation and Surrogacy Programme.

### You can help same-sex couples and single women have children

Donation isn't limited to infertile heterosexual couples. Same-sex couples and single women are also rightly confirmed by the Constitutional Court as being entitled to undergo In Vitro Fertilisation (IVF).

### It's painless

As an egg donor, you might experience mild discomfort and bloating, but donation is generally not painful or damaging to your health.

### Egg donation assists people who can't conceive

For instance, you will be helping those who have had their ovaries removed due to cancer; those who suffer from cysts; have endometriosis, or carry genetic illnesses, to mention a few cases.

### "I've seen people battle to conceive..."

Some people donate genetic material because they witnessed a friend or family member struggle to conceive and know the heartbreak involved.

### You're free from responsibilities

"The social contract under which the agreement of donation is made precludes responsibility towards the children," says Dr Marlize Rabe, a senior lecturer in the Department of Sociology at the University of South Africa (UNISA).

### "I don't know what I would have done without my children."

Many people know the joy of bearing children and wish for others to experience it, too.

### You're forever appreciated

"The recipient is hugely thankful to you every time they look into their child's eyes!" says Mark\*, a sperm donor.

### You can choose your recipient

"Donors can specify to whom they would like to – and not like to – donate," Jenny says. The agencies are required to comply with the specifications.

### It does not conflict with Christian values

"Donation is part of a loving process through which childless people are able to experience the joys and trials of parenthood," says Canon Dr Bill Domeris, Rector of the College of the Transfiguration.

### You can't be traced

"It's completely anonymous and there's no chance in SA at this

point of the donor being traced by the parents or child," says Mandy Rodrigues, clinical psychologist at Medfern Clinic.

### You give more than a child

"Having an egg donor not only gave me a child, but the miraculous process of pregnancy," says egg donor recipient, Tamryn\*.

### You do receive compensation

It's illegal to buy or sell any type of human tissue; however, donors are offered gratuity that compensates for travel expenses, time away from work, or discomfort during the process.

### Sperm donation is easy

Donating sperm is a simple process. Unless you've been sexually active or drank too much within the last 24 hours, or you're ill, you can donate sperm.

### IVF depends on donation

Donor eggs have provided new options for conception, but donors are required for this process to be available.

### You don't have parenting obligations

The Children's Status Act states that the child conceived through artificial insemination and egg or sperm donation is regarded as the legal child of the couple that receives the genetic material.

### "I want to do more meaningful things."

"When I donated sperm, I felt as if I was doing something purposeful," recounts Thabo\*.

### You can pass on a legacy

If you have never had children, donation gives you the opportunity to pass on your genes.

### You can change your mind

You have the right to withdraw consent during the process should you realise it's not suitable for you.

### It's a Godly gift

Although some people in the Black community view donation as humans trying to play the role of God, donation enables people to experience parenting, which is a human right that God would surely wish for everyone to experience. 🌟

\* Names have been substituted to protect the identities of people interviewed

#### Sources:

<sup>1</sup> [www.womens-health.co.uk](http://www.womens-health.co.uk) is a UK site aiming at improving the availability of accurate health information for women.

<sup>2</sup> [www.parent24.com](http://www.parent24.com) is a website offering parents valuable information about parenting.

For more information, contact:

• [baby2mom Egg Donation and Surrogacy: www.baby2mom.co.za](http://www.baby2mom.co.za)