



Tanasia was born with a rare heart defect called Tetralogy of Fallot. At only 3 months old, she had her first complex and corrective surgery. At the age of 6, she was introduced to football and cheerleading, and she couldn't imagine herself doing anything else. Tanasia always worried about whether her heart would be okay, even doing the simplest things.

At the age of 14, Tanasia underwent a pulmonary valve replacement and received a donor heart valve and tissue donation.

Following her recovery, Tanasia moved to Texas and tried out for her high school cheer team. She made the varsity team with much encouragement from her family. Soon after getting back into cheer, Tanasia was honored to have the opportunity to meet her donor's family. She was nervous and didn't know what to say, but her donor's family embraced her and told her all about her donor, their daughter.

"They told me what she was like, which made me realize how lucky I was to have received the blessing of her donation. I realized I shouldn't take my surgery for granted and that I should live my life fully with no regrets. I am now able to do what I love and more. Being able to talk to my donor's family opened my eyes to the magnitude of the blessing that was bestowed upon me."

Tanasia is now happy and healthy and doing the things she loves because someone said 'yes' to donation.

[HonorBridge.org](https://www.HonorBridge.org)

