

DECLARATION

If I, James Wayne Ruger, become incapacitated and am unable to direct my physician as to my own healthcare, this statement of my wishes should be respected and followed.

These instructions shall prevail even if they conflict with the desires of my relatives, hospital policies, or principles of those providing my care.

I understand that Nevada law does not authorize me to direct what healthcare I should receive if I am diagnosed to be in a permanent coma. However, I request that all directions I set out in this document, including those that go beyond what Nevada authorizes, be respected and followed in keeping with my right to direct my own healthcare as guaranteed by the U.S. Constitution.

DEFINITIONS

For purposes of this document:

- Terminal condition means an incurable and irreversible condition that, without the administration of life-sustaining treatment, will, in the opinion of the patient's attending physician, result in death within a relatively short time.
- Permanent coma means an irreversible coma or persistent vegetative state where a person is unaware of himself or herself and is unable to show any behavioral response to the environment.
- Life-sustaining treatments - also called life-prolonging procedures - means any medical procedure or intervention that only prolongs the process of dying.
- Artificial food and water - also called nutrition and hydration - means a mix of nutrients and fluids given through tubes inserted into veins or various body parts, depending on the patient's condition.
- Comfort care means any care that doctors consider necessary to make a patient comfortable or to alleviate pain. It does not include artificially-administered food and water.

DIRECTING MEDICAL CARE

Specifically, if I am diagnosed to have a terminal condition, I direct that:

- the artificial administration of food and water be withheld.
- all comfort care be withheld if it would also have the effect of prolonging my life.
- all additional life-prolonging treatment be withheld, including: blood and blood products, cardio-pulmonary resuscitation (CPR), diagnostic tests, dialysis, drugs, respirator and surgery.

If I am diagnosed to be in a permanent coma, I direct that:

- the artificial administration of food and water, be withheld.
- all comfort care be withheld if it would also have the effect of prolonging my life.
- all additional life-prolonging treatment be withheld, including: blood and blood products, cardio-pulmonary resuscitation (CPR), diagnostic tests, dialysis, drugs, respirator and surgery.

SEVERABILITY

If any of the specific directions in this document are held invalid, that shall not affect other directions that can be given effect without the invalid direction.

SIGNATURE

This document is made after careful reflection, while I am of sound mind.

Signed this 18th day of JAN., 2001

Signature: [Signature] James Ruger

Place: CARSON CITY, NEVADA
(City or County and State)

WITNESSES

This document was signed in our presence by James Wayne Ruger, who appeared to be eighteen years of age or older, of sound mind, under no constraint or undue influence and able to understand the nature and consequences of healthcare decisions.

Witness: Gary J. ROSES

Address: 1500 ELLENDALE CT
Reno, NV 89503

Witness: John D. Raltiff

Address: 3918 Sumner St.
Lincoln NE 68506

REQUESTED BY
John Raltiff
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