



# TAKE THE FIRST STEP

Join The Marrow Registry

Be the one to save a life.

**BE**  **THE MATCH**<sup>SM</sup>

“There is nothing like the good feeling you get just from registering,” says Alan (left), who donated to 11-year-old Clarissa (right). “It has been a blessing in my life to have been able to help someone in need.”



## When you join the Be The Match<sup>SM</sup> Registry, YOU CAN SAVE A LIFE.

Every day, thousands of patients with leukemia and other life-threatening diseases hope for a marrow donor who can make their transplant possible. Seventy percent of patients do not have a donor in their family. They depend on people like you.

When you join the Be The Match Registry, you become part of every patient's search for a donor. You have the power to heal, the power to save a life. Take the first step. **Join the registry.**

## YOU CAN JOIN AT A DONOR REGISTRY DRIVE OR ONLINE AT **BeTheMatch.org** BY:

- 1.** Completing a registration form with your contact information, health history, and signed agreement to join the registry.
- 2.** Paying for tissue typing costs, if any. Frequently a sponsor pays for tissue typing.
- 3.** Giving a swab of your cheek cells so your tissue type can be tested.

## REGISTRY GUIDELINES

**To be a member of the registry, all you need is to:**

- Be between the ages of 18 and 60.
- Be willing to donate to any patient in need.
- Meet the health guidelines.
- Keep your contact information current by logging on to **BeTheMatch.org/update** or calling **1 (800) MARROW-2** (1-800-627-7692).

## HEALTH GUIDELINES

**These conditions would prevent you from joining:**

- HIV or risk for HIV
- Hepatitis or risk for hepatitis
- Most forms of heart disease or cancer
- Chronic lung disease
- Diabetes requiring insulin or diabetes-related health issues
- Diseases that affect blood clotting or bleeding
- Recent back surgery, or severe or ongoing back problems
- Autoimmune/neurological disorders such as lupus, rheumatoid arthritis or multiple sclerosis
- Being an organ or marrow transplant recipient
- Significant obesity
- Current sleep apnea

## THERE ARE SO MANY OTHER WAYS TO HELP IF YOU ARE UNABLE TO JOIN THE REGISTRY!

- Make a gift to the Be The Match Foundation<sup>SM</sup>.
- Volunteer with a recruitment or donor center.
- Spread the word about this unique chance to save a life.

VISIT US AT **BeTheMatch.org**



## THE NEED FOR DIVERSITY

Because tissue types are inherited, patients are most likely to match someone of their own race or ethnicity. People of every background are needed. Registry members from diverse racial and ethnic backgrounds are especially needed, so every patient has a second chance at life.

### **Registry members of these backgrounds are urgently needed:**

- Black or African American
- American Indian
- Asian, including South Asian
- Native Hawaiian or other Pacific Islander
- Hispanic or Latino
- Multiple race

“I will never regret in my life joining that registry—never regret it!” says Jackie (left), donor to 12-year-old Paizley (right), who had sickle cell anemia. “You can do good things while you’re on earth, and things to help people live longer on earth.”





“It’s a feeling so positive!” Andrew says about his donation. “It didn’t matter that I didn’t know her. Just the feeling of, my gosh, I was able to save someone’s life.”

8 Take the first step.

## IF YOU MATCH A PATIENT

### **How likely is it that I will be called to donate?**

Every person who joins the registry gives patients hope, and new patient searches begin every day. You may never be identified as a match for someone, or you might be one of a number of potential matches. **But you may also be the only one** on the registry of 12 million people who can save the patient’s life.

### **What will I learn about the patient?**

We’ll tell you the patient’s age, gender, and disease, along with the type of donation the patient’s doctor has requested.

### **Can I change my mind about donating?**

Your commitment to donate if called is very important, but you have the right to change your mind. Just let us know right away so we can seek another donor and avoid dangerous delays for the patient.

### **Who pays for donation expenses?**

Donors never pay for donating, and are never paid to donate.

## STEPS TO DONATE

- 1.** Answer our call that you are a possible match for a patient.
- 2.** Give another cheek swab sample or blood sample so we can confirm you are the best possible match.
- 3.** Attend an information session.
- 4.** Give blood-forming cells (PBSC donation), or give marrow through a surgical procedure (marrow donation).
- 5.** Recover from any side effects.
- 6.** Receive follow-up support.

YOU WILL GET MORE INFORMATION EVERY STEP OF THE WAY.

## TWO WAYS TO DONATE

The patient's doctor requests one of two types of donation, depending on what is best for the patient.

In both procedures, your donor center will provide all the information you need, give support, and follow up with you after donation.



### **PBSC donation**

Peripheral blood stem cell (PBSC) donation is the most common form of donating today. This is a non-surgical, out-patient procedure.

For five days before donation, the donor receives daily injections of a drug that increases blood-forming cells in the bloodstream.

On the fifth day, the donor's blood is removed through a needle in one arm and passed through a machine that separates out the blood-forming cells. The remaining blood is returned to the donor through the other arm.

Donors may experience headache or bone or muscle aches for several days before collection. These side effects typically disappear within 24 hours after donating.

## Marrow donation

Marrow donation is a surgical, usually out-patient procedure. While the donor is under anesthesia, the doctor uses needles to withdraw liquid marrow from the back of the pelvic bone. The donor's marrow completely replaces itself within four to six weeks.

After donation, marrow donors can expect to feel some soreness in the lower back for a few days or longer. Most donors are back to their usual routine in one to seven days.



“Donating has been the single most rewarding experience of my life,” Victoria says. “My recipient (Jaciell, left) thinks he’s the luckiest guy in the world, but I feel like I won the lottery.”

## WILL MY RECIPIENT GET WELL?

For many patients, a transplant is their best or only hope for a cure. However, not all patients who receive a transplant survive.

Yet with research and dedicated registry members like you, we are saving more lives than ever before.

## WILL I GET UPDATES OR MEET MY RECIPIENT?

The policy of your recipient's transplant center determines this. Some centers provide updates and/or allow anonymous communication within the first year, and some do not.

Some centers allow direct contact between donors and recipients one or more years after transplant, if you and your recipient agree.





“It’s not every day that you know you can sacrifice a small piece of yourself to help someone else,” says Adam, right, who donated to Lamar, left. “I was given that chance. I’m a true believer in miracles.”

Mary, recipient, wants to say to her donor, “My Miracle, even though I don’t know you, it feels like I do because you were my saving angel. I hope one day I can meet you and let you know in person that I am so thankful.”



# IF YOU MATCH A PATIENT, WE WILL NEED TO FIND YOU QUICKLY.

## **Updating your contact information is crucial!**

### CONTACT US IF:

- Your phone number, name, e-mail or address has changed
- You have major changes to your health
- You want to be removed from the registry

Just log on to **BeTheMatch.org/update**  
or call us at **1 (800) MARROW-2** (1-800-627-7692).

# YOU HAVE THE POWER TO SAVE A LIFE!

Everyone has the power to heal, the power to help.

- Join the registry
- Make a financial contribution
- Volunteer

Be a part of our life-saving work.

Go to **BeTheMatch.org** and click on “Get Involved.”



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The National Marrow Donor Program is entrusted to operate the C.W. Bill Young Cell Transplantation Program, including the Be The Match Registry.

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