



# The cure for blood cancer is in **YOUR HANDS**

Every 4 minutes, someone is diagnosed with a blood cancer like leukemia. For many patients a marrow transplant is the only life-saving treatment—their only chance for a cure. Yet most don't have a matching marrow donor in their family.

They turn to Be The Match® for the largest, most diverse registry of potential marrow donors and cord blood units in the world, offering one-on-one support, education and guidance before, during and after transplant. But first, a marrow match must be found, and many patients still don't have a donor.

**70%**  
of patients needing a marrow transplant **do not** have a matching donor in their family

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**12,000**  
patients per year whose only hope for a cure is a transplant from someone outside their family



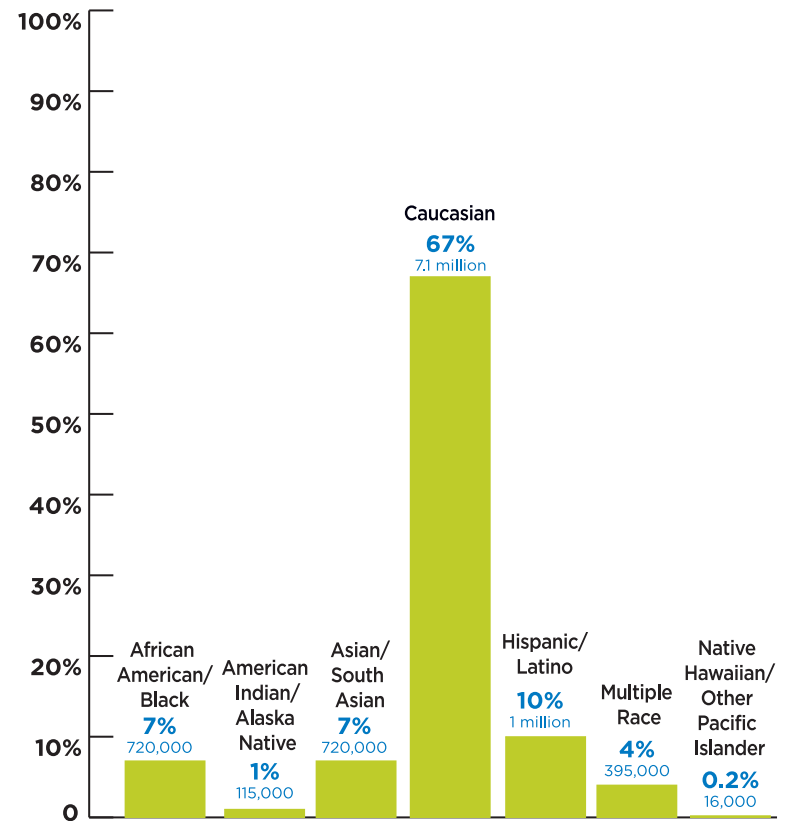
BeTheMatch.org | 1 (800) 627-7692

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## WE NEED YOU!

If you are between the ages of 18 and 44 and have diverse ancestry, patients especially need you! Donors and patients who share the same ancestry are most likely to match. Not enough diverse, committed potential marrow donors have joined. **You can change that.**

Be The Match Registry®  
(10.5 million total)



Numbers, percentages and totals may not coincide due to rounding or unknown ancestry.

**Sponsor a Be The Match Registry drive in your community, and join the registry.**

Thank you. You have done an amazing thing to help patients with leukemia, lymphoma, sickle cell anemia or other blood diseases.

**As a reminder, the cheek swab you gave today is only used to add you to the registry. It's not a donation for a patient.**

### Your promise to patients:

- You are committed to help any patient in need.
- You will share your decision to join the registry with family and friends so you have their support if you're called as a match.
- You will keep your contact information current with Be The Match® so we can find you quickly if you are a match for a patient.
- If we contact you as a possible match, you will respond quickly.
- If we contact you, you'll be willing to give a blood sample for further testing.
- If you are the best match, you'll be willing to become a donor. The average time commitment to attend medical appointments and donate is 30 to 40 hours, spread out over a four- to six-week period.
- You will be on the registry until age 61, unless you withdraw.

### Our promise to you:

- We will maintain your confidentiality as required by law.
- We will update you with email communications of transplant news.
- If you are a match for a patient, we'll be there for you every step of the way.
- You will not pay to donate. All donation-related expenses are covered.
- We will explain everything at each step of the donation process, encourage your questions and treat you with respectful appreciation.
- We will never pressure you. You have the right to change your mind anytime during the process (although the sooner you tell us, the better, so we can search for another donor).
- We will schedule medical appointments around your schedule, with your needs and the patient's needs in mind.
- After donation, we will follow up with you for a year to ensure you are doing well.
- If you want to contact your recipient, we will help you to whatever extent is allowed by the transplant facility.

You are on the Be The Match Registry® through:

Keep your contact info current:  
BeTheMatch.org/update or 1 (800) MARROW-2

If you change your contact information:

**Please update your information at [BeTheMatch.org/update](http://BeTheMatch.org/update) or call 1 (800) MARROW-2. To save a patient's life, we need to be able to reach you as quickly as possible.**

We may call you to learn about your experience today so we can improve our life-saving work.



3001 Broadway St. N.E., Suite 100

Minneapolis, MN 55413

1 (800) MARROW-2

1 (800) 627-7692

[BeTheMatch.org](http://BeTheMatch.org)



## The Donation Process

There are two methods of marrow donation. The patient's doctor requests the procedure that is best for the patient.

### Peripheral blood stem cell (PBSC) donation

- The most common way to donate marrow today.
- Non-surgical, outpatient procedure.
- For five days before donation, you will receive daily injections of a drug to increase the number of cells in your bloodstream that are used in transplant.
- On the fifth day, some of your blood is removed through a needle in one arm and bypassed through a machine that separates out the blood-forming cells. Your blood is then returned to you through the other arm.
- Donors may experience headache, bone or muscle aches for several days before collection. These side effects typically disappear shortly after donation.
- Donors are usually back to their normal routine in one to two days.

### Marrow donation

- Surgical procedure under anesthesia, usually outpatient.
- The doctor uses needles to withdraw liquid marrow from the back of the pelvic bone. You will not feel the procedure.
- After donation, you can expect to feel some soreness in your lower back for a few days to several weeks.
- Donors are usually back to their normal routine in two to seven days.



## WHAT YOU NEED TO KNOW BEFORE JOINING

Thank you for attending our Be The Match® Donor Registry Drive! Please read this over carefully before filling out any forms. If after reading this you decide to continue the registration process, thank you for your generous commitment!

If you decide registering is not for you, let us tell you about the opportunity to contribute financially, volunteer and become involved in a variety of other ways.

### If you join:

- You're committing to donating to any patient in need.
- You'll be asked to give a cheek swab sample today, which is only used to add you to the registry. It's not a donation for a patient.
- You'll be listed on the registry until you're 61, unless you inform Be The Match that you've become unwilling or unable to donate. In that case, let us know as soon as you can.

### If you are called as a possible match for a patient:

- You agree to call us back quickly.
- You'll be asked to give a blood sample or another cheek swab sample for further testing.
- If you are the patient's best match, we'll ask you to make a 30- to 40-hour time commitment spread out over a four- to six-week period to attend appointments and donate.
- The patient's doctor will request either a peripheral blood stem cell (PBSC) donation or a marrow donation, depending on what's best for the patient (see other side for more information).

### We ask you to:

- Keep your contact information current at [BeTheMatch.org](http://BeTheMatch.org) or **1 (800) MARROW-2**.
- Share your decision to join the registry with family and friends so you have their support if called as a match for a patient.

*Thank you* for your commitment to save a life!



# Guidelines for joining the registry at the drive

- 1 Be between the ages of 18 and 44
- 2 Be willing to donate to any patient in need
- 3 Meet the health guidelines

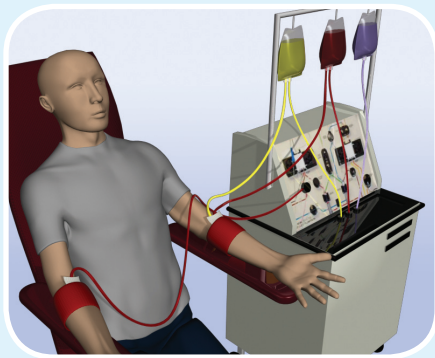
## Height & Weight Guidelines

Height	Max. weight (lbs.)	Height	Max. weight (lbs.)
4'10"	191	6'0"	295
4'11"	198	6'1"	301
5'0"	204	6'2"	310
5'1"	211	6'3"	321
5'2"	218	6'4"	328
5'3"	225	6'5"	339
5'4"	233	6'6"	345
5'5"	240	6'7"	355
5'6"	247	6'8"	363
5'7"	255	6'9"	374
5'8"	263	6'10"	381
5'9"	270	6'11"	392
5'10"	278	7'0"	400
5'11"	286		

## These conditions would prevent you from joining the registry:

- 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

## If you match a patient, you'll be asked to donate in one of two ways:

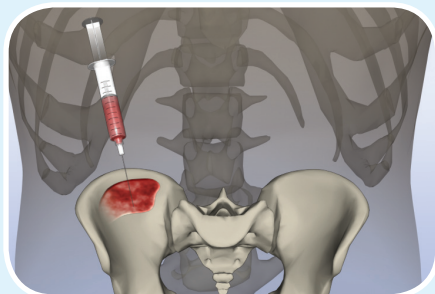


### PBSC donation

Peripheral blood stem cell (PBSC) donation is requested by doctors 76 percent of the time. This is a non-surgical 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, bone or muscle aches for several days before collection. These side effects typically disappear shortly after donation. Most PBSC donors are back to their normal routine in one to two days.



### Marrow donation

Marrow donation is a surgical procedure, requested by doctors 24 percent of the time. While the donor is under anesthesia, the doctor uses needles to withdraw liquid marrow from the back of the pelvic bone.

After donation, marrow donors can expect to feel some soreness in the lower back for a few days to several weeks. Marrow donors are typically back to their usual routine in two to seven days.

For more information, contact your local recruitment center.



## Donation Myths and Facts

**MYTH: All donations involve surgery.**

**FACT:** The majority of donations do not involve surgery. Today, the patient's doctor most often requests a peripheral blood stem cell (PBSC) donation, which is non-surgical.

The second way of donating is marrow donation, which is a surgical procedure.

In each case, donors typically go home the same day they donate.



"It didn't hurt, it wasn't scary and yes, I would do it again - in a heartbeat. Donating has been the single most rewarding experience of my life."

Victoria, PBSC donor

**MYTH: Donating is painful and involves a long recovery.**

**FACT:** There can be uncomfortable but short-lived side effects of donating PBSC. Due to taking a drug called filgrastim for five days leading up to donation, PBSC donors may have headaches, joint or muscle aches, or fatigue. PBSC donors are typically back to their normal routine in one to two days.

Those donating marrow receive general or regional anesthesia, so they feel no pain during donation. Marrow donors can expect to feel some soreness in their lower back, for one to two weeks afterward. Most marrow donors are back to their normal activities in two to seven days.



"The evening of donating and the couple days after were painful, but hospital staff were really caring and the recovery went fast. It was a great experience."

Alan, marrow donor

*"The shots were like getting the flu but it's only for five days and you're giving someone a lifetime. I was a match for a 2-year-old little boy. I just want him to have a long and healthy life—to have every opportunity I had."*

Patrick, PBSC donor



**MYTH: Donating is dangerous and weakens the donor.**

**FACT:** Though no medical procedure is without risk, there are rarely any long-term side effects. Be The Match® carefully prescreens all donors to ensure they are healthy and the procedure is safe for them. We also provide support and information every step of the way.

Because only five percent or less of a donor's marrow is needed to save the patient's life, the donor's immune system stays strong and the cells replace themselves within four to six weeks.



“I did feel discomfort that night. It wasn't pain; it was stiffness. The little discomfort I went through was nothing compared to what it meant to me, to be involved in saving another person's life.”

Erma, marrow donor

**MYTH: In marrow donation, pieces of bone are removed from the donor.**

**FACT:** No pieces of bone are taken during marrow donation. Only the liquid marrow found inside the pelvic bone is needed to save the patient's life.

**MYTH: Donors have to pay to donate.**

**FACT:** Donors never pay to donate. We reimburse travel costs, and may reimburse other costs on a case-by-case basis.



“My donation experience was overall very positive. A minor inconvenience really, not much different than giving blood. Bottom line, very little time, very little pain for a lifetime of satisfaction that I had a chance to save someone's life.”

Andrew, PBSC donor



National Marrow Donor Program  
3001 Broadway Street N.E., Suite 100  
Minneapolis MN 55413  
1 (800) MARROW-2 (1-800-627-7692)

**BeTheMatch.org**

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

Doctors search the Be The Match Registry<sup>SM</sup> to find donors who match their patients. If you are a patient match, understanding the donation process will help you be ready to donate.

## 1

### Getting ready to donate

**IF YOU MATCH A PATIENT, WE WILL CONTACT YOU** to ask if you are willing to donate. If you agree to proceed, we will ask you about your health and schedule more testing to see if you are the best match for the patient.

**IF YOU ARE THE BEST MATCH, YOU WILL PARTICIPATE IN AN INFORMATION SESSION.** You will be given detailed information about the donation and recovery process, including risks and side effects. If you agree to donate, you will sign a consent form.

**NEXT, YOU WILL HAVE A PHYSICAL EXAMINATION** to make sure that donation is safe for both you and the patient.

There are two methods of donation: peripheral blood stem cells (PBSC) and marrow. The patient's doctor chooses the donation method that is best for the patient.

## 2

### Donating PBSC or marrow



**PBSC DONATION** is a nonsurgical procedure that takes place at a blood center or outpatient hospital unit. For five days leading up to donation, you will be given injections of a drug

called filgrastim to increase the number of blood-forming cells in your bloodstream. Your blood is then 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 you through the other arm. Your blood-forming cells are back to their normal levels within four to six weeks.



**MARROW DONATION** is a surgical outpatient procedure that takes place at a hospital. You will receive anesthesia and feel no pain during

the donation. Doctors use a needle to withdraw liquid marrow from the back of your pelvic bone. The marrow replaces itself completely within four to six weeks.

## 3

### Recovery and follow-up

Recovery times vary depending on the individual and type of donation. Most donors are able to return to work, school, and other activities within one to seven days after donation.

**PBSC DONORS** can expect to experience a headache, or bone or muscle aches for several days before collection, a side effect of the filgrastim injections. These effects disappear shortly after collection. Most PBSC donors report that they feel completely recovered within two weeks of donation.

**MARROW DONORS** can expect to feel some soreness in their lower back for a few days or longer following the donation. Most marrow donors report that they feel completely recovered within three weeks of donation.

**WE WILL FOLLOW UP WITH YOU** until you are able to resume normal activity. You will also receive annual calls for long-term follow-up.

Thank you  
for being part of the  
Be The Match Registry.

Thanks to people like you, more than 30,000 patients with life-threatening diseases have received transplants.

Visit [BeTheMatch.org](http://BeTheMatch.org) to learn how you can help in this life-saving effort.