



# TAKE THE FIRST STEP

Join The Marrow Registry

**BE**  **THE MATCH<sup>®</sup>**

Be the one to save a life.

“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 Registry**<sup>®</sup>, **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](http://BeTheMatch.org) BY:**

- 1.** Completing a registration form with your contact information, health history and signed agreement to join the registry.
- 2.** Giving a swab of your cheek cells so your tissue type can be determined.

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



## 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**



“After hosting a drive or raising money, you know that through your simple act you have gotten more people on the registry who could save a life,” Andrew tells us. “Even if our efforts save just one life, it’s so important.”

## 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.

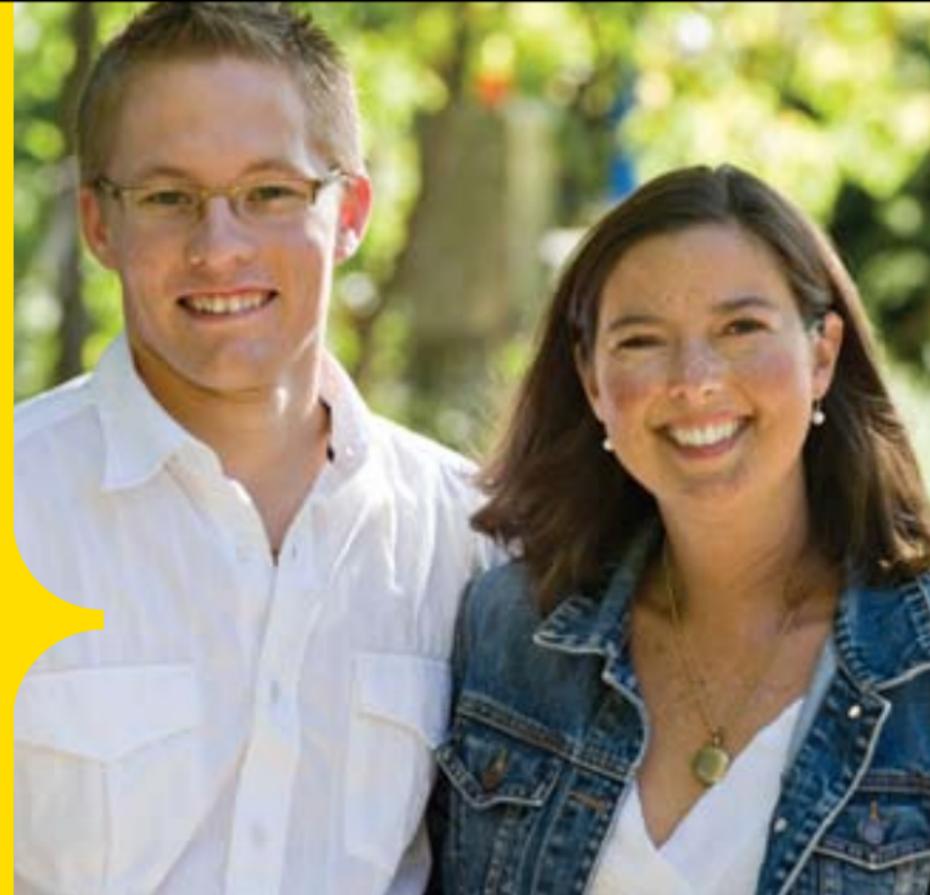
### **Registry members of these backgrounds are urgently needed:**

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

“I’m Puerto Rican, Indian, African American and Dutch, so I have quite a background,” Patrick tells us. “But I was a perfect match for a 2-year-old little boy. It really hits you when you’re actually a match, actually the person who saved that life.”



“I just wanted to tell him that he has given me life, and that is the greatest gift that anyone can give,” says Betsy (right) of her donor, Tobias (left). “I’m alive today because I had a transplant.”



## 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 8 million people who can save the patient’s life.

### How much time does it take to donate?

It could take up to 30 to 40 hours including travel time to attend appointments and donate. This time is spread out over a 4- to 6-week period.

### Who pays for donation expenses?

Donors never pay for donating, and are never paid to donate. We cover medical costs, reimburse all travel costs and provide other assistance as well.

### 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.

### 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.

“Just to see Luke out running and playing and doing things children should be doing is awe-inspiring” exclaims Randy (left), who saved Luke’s life before Luke (right) was 2 years old. “You can be the miracle somebody needs.”



## STEPS TO DONATE

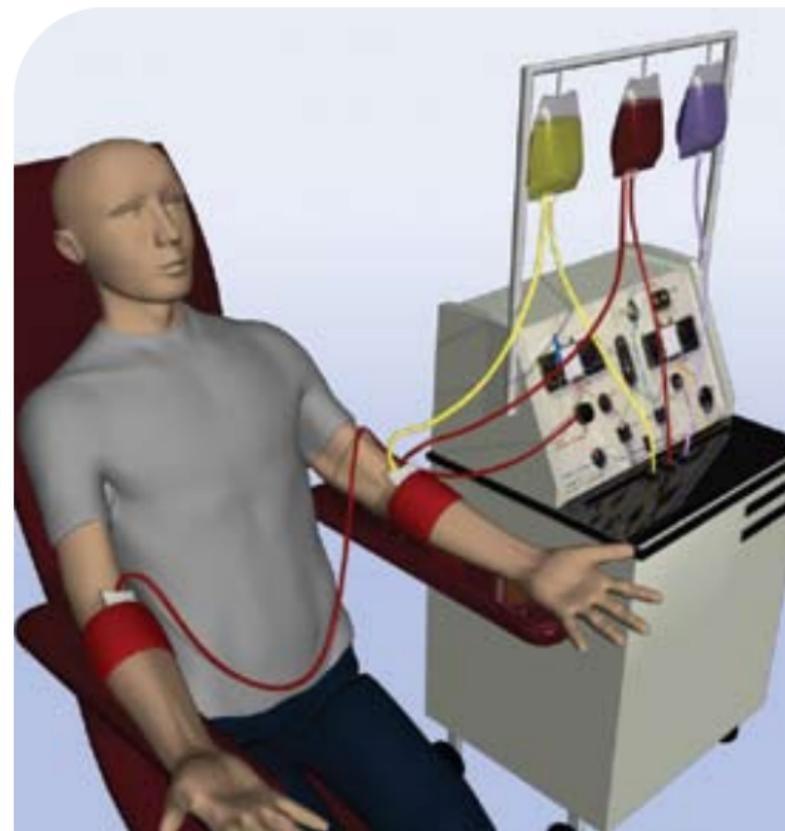
1. Answer our call that you are a possible match for a patient.
2. Give another cheek swab sample or blood sample so we can confirm you are the best possible match.
3. Attend an information session.
4. Give blood-forming cells (PBSC donation), or give marrow.
5. Recover from any side effects.
6. Receive 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 types of donation, donors typically go home the same day they donate. Only 1 to 5 percent of a donor’s marrow is taken. The marrow completely replaces itself in 4 to 6 weeks.

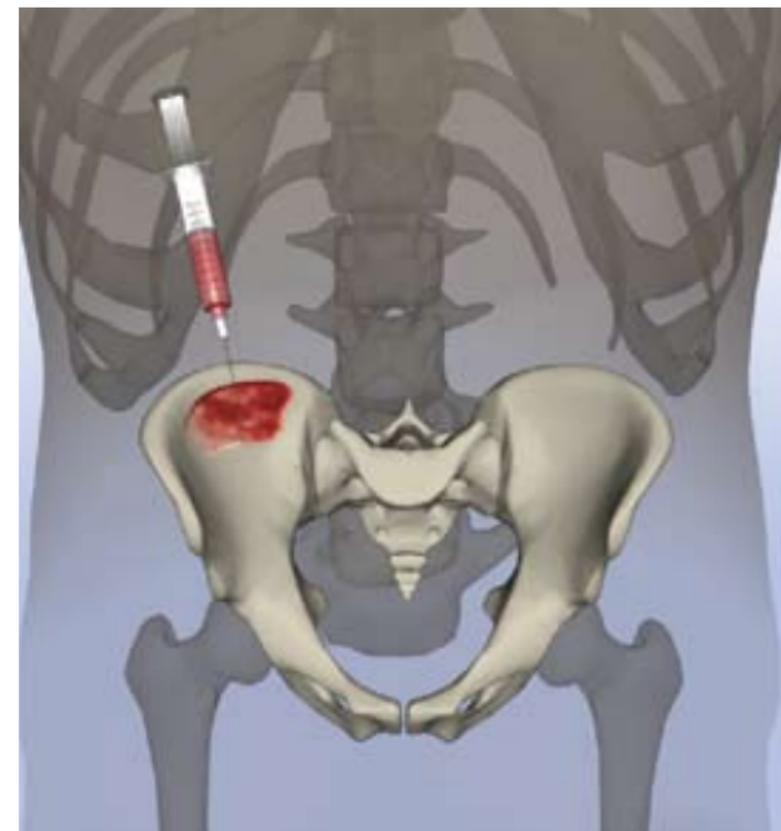


## PBSC DONATION

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

For 5 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 1 to 2 days.



## MARROW DONATION

Marrow donation is a surgical procedure. 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 2 to 7 days.

## 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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00410; APR 2010