

Meeting the Need...

Each year more than **35,000 children and adults** in the United States are diagnosed with diseases for which a marrow or blood cell transplant could be a cure.

The NMDP is the hub of a worldwide Network of more than 500 leading medical facilities in marrow and blood cell transplantation. Through this Network, the NMDP facilitates an average of 200 marrow or blood cell transplants each month and **has helped give more than 20,000 patients a second chance at life.**



A transplant requires matching tissue types between patient and donor. These tissue types are inherited, but **70% of patients do not have a matched donor in their family.** These patients and their physicians can turn to the NMDP for help with the search for a match and for support through every step of the transplant journey.

Stem Cell Donation Through the NMDP:

1. The first step is to join the NMDP Registry. NMDP representatives inform you about marrow and peripheral blood stem cell (PBSC) donation processes. You complete a brief health questionnaire, sign a form consenting to have your tissue type listed on the Registry and then a swab of cheek cells is taken to find your tissue type. Once listed in the Registry, your tissue type will be compared to the tissue types of thousands of patients around the world who need transplants.
2. If you are identified as a potential match for a patient, NMDP Donor Center representatives will ask for another blood sample to see whether you match well enough to be an actual donor for the patient. If you are indeed a match, you will receive further education about marrow and PBSC donation processes and which is the preferred process for this patient.
3. To prepare for either donation procedure, you will attend an information session about the donation process and potential side effects of the procedure. The health requirements are the same for marrow and PBSC donation.
4. After being fully informed about the donor experience, you, with the support of your friends and loved ones, make the decision whether or not to proceed and become a donor. Please take your commitment seriously before becoming a registered donor. A late decision not to donate could be life-threatening to a patient.

Marrow

5. The marrow collection process is a surgical procedure lasting approximately one to two hours. The procedure occurs in a hospital under a general anesthesia as an outpatient. Marrow is removed through a syringe process from the back of your pelvic bone.

6. You should recover quickly from the procedure. Most donors have some soreness and stiffness for several days up to a few weeks depending on each person's pain tolerance. Your marrow naturally replenishes itself within four to six weeks.

“Although I’ve never met my recipient, and I don’t know how he’s doing today, I know I helped him live longer. I would definitely do it again.”

-Marrow Donor, Trang

PBSC

5. For a PBSC donation, you will receive daily injections of Filgrastim for 5 consecutive days. Filgrastim is a drug that increases the number of stem cells released from your marrow into your blood stream so they can be collected through an apheresis procedure.

6. During apheresis, which is done at a blood center or hospital, your blood is removed through a sterile needle placed in a vein in one arm and passed through an apheresis machine that separates out the stem cells. The remaining blood, minus the stem cells, is returned to you through a sterile needle in the other arm. The number of stem cells required by the recipient will determine if the procedure needs to be repeated the following day.

7. Apheresis donors commonly experience bone and muscle pain, headache, and fatigue prior to the donation procedure as a result of receiving Filgrastim. These effects diminish over one to two days after the last dose of Filgrastim is given.

After you donated stem cells, your NMDP Donor Center coordinator will call you to follow up on your experience. Your coordinator will continue to call you regularly until you are able to resume normal activity, and annually for long-term follow up.

For more information about either procedure, call 1-888-814-8604 or log on to www.marrow.org

A Cure is out there...YOU can be a part of it!