

# Before You Join

Phoutasin, donor

**EVERY 4 MINUTES SOMEONE IS DIAGNOSED WITH A BLOOD CANCER.** For thousands of patients with leukemia or other blood diseases like sickle cell anemia, a marrow transplant is their only hope.

You could save a life by joining the Be The Match Registry®. Patients especially need diverse registry members ages **18 to 44**.

**If joining is not for you, there are many other ways to be someone's cure. Ask us how!**

## Be sure you are FULLY COMMITTED to:

- Donate to someone you don't know.
- Keep your contact information current at [BeTheMatch.org/update](https://www.bethematch.org/update).
- Share your decision with family and friends so they'll support you if called.
- Call us back quickly if you are a patient's possible match.
- Give a blood sample to see if you are the best match.
- Spend up to 20 to 30 hours spread out over 4 to 6 weeks to attend appointments and donate.

## Be sure you KNOW:

- The cheek swab you give today adds your tissue type to the registry. It is not a marrow donation.
- You'll be listed on the registry until you're 61, unless you withdraw.

## Height & Weight Guidelines

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

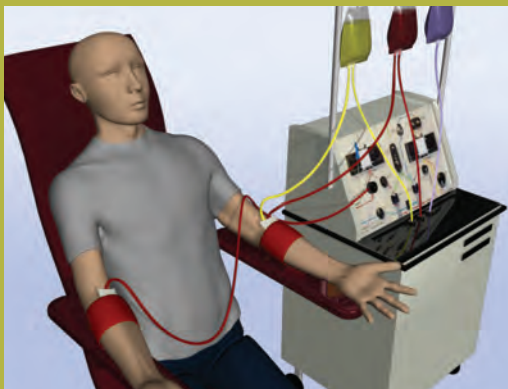
## You'll need to be free of these conditions to join:

- 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

# Two ways to donate

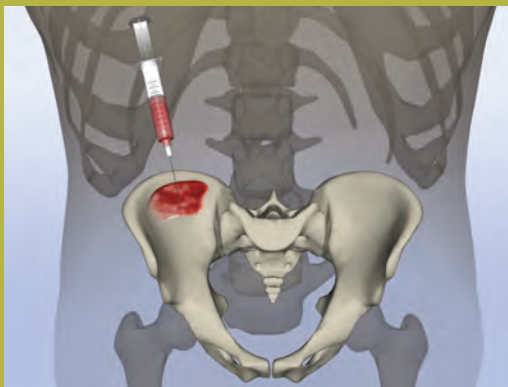
Marrow donation can be done in 1 of 2 ways.

The patient's doctor requests whichever procedure is best for the patient.



## Peripheral blood stem cell (PBSC) donation

- A drug is given to donors for 5 days that increases the number of cells in their bloodstream used for transplant. Cells are gathered using a non-surgical, outpatient procedure.
- Donors may experience head or muscle aches that disappear shortly after donation.
- Donors are typically back to their normal routine in 1 to 2 days.



## Marrow Donation

- This is a surgical, usually outpatient, procedure using anesthesia.
- Afterwards, donors may feel soreness in the lower back.
- Donors are typically back to their normal routine in 2 to 7 days.

Be The Match® connects patients with their donor match for a life-saving marrow or umbilical cord blood transplant. People can be someone's cure as a member of the Be The Match Registry®, financial contributor or volunteer. Be The Match provides patients and their families one-on-one support, education, and guidance before, during and after transplant.

**BE**  **THE MATCH**®

1 (800) 627-7692 | [BeTheMatch.org](http://BeTheMatch.org)

©2014 National Marrow Donor Program. All rights reserved.

514; JAN 2014