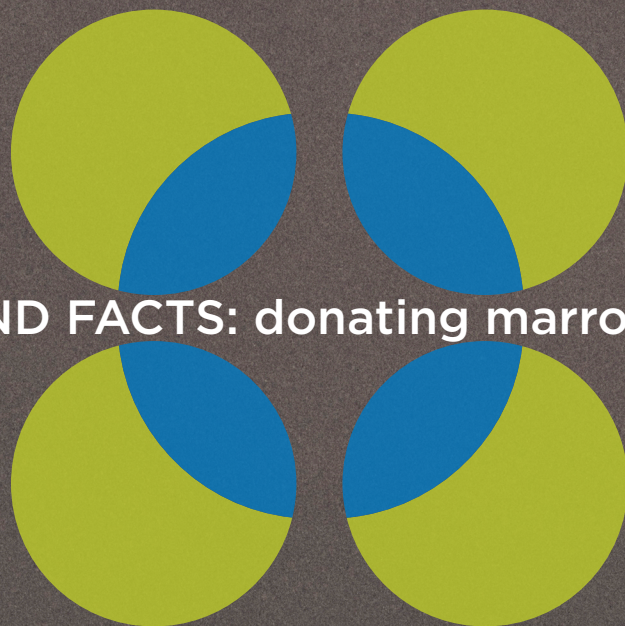




Phouthasin, marrow donor

MYTHS AND FACTS: donating marrow



Every 4 minutes, a baby, child or adult is diagnosed with a blood cancer like leukemia. No one expects it. No family is prepared.

Many of these patients need a marrow transplant to survive, but don't have a matching marrow donor in their family. They turn to the Be The Match Registry® to find a donor who can save their life.

Patients especially need marrow donors ages 18 to 44 who have diverse ancestry.

Are myths stopping you from joining the registry? **Read on!**

MYTH: All donations involve surgery.

FACTS:

- The majority don't. Most are done without surgery, using a procedure called peripheral blood stem cell (PBSC) donation.
- The second way to donate is marrow donation, and that's surgical.
- Whichever way you donate, you'd typically go home the same day.

MYTH: Donating is painful and it takes a long time to recover.

FACTS: PBSC donation

- With PBSC donation, there can be uncomfortable but short-lived side effects.
- Donors take a drug for 5 days before donation and that can give you headaches, joint or muscle aches or fatigue.
- The discomfort goes away quickly after donation and you'd typically be back to your normal routine in 1 to 2 days.

FACTS: marrow donation

- With marrow donation, you'd get general or local anesthesia so you'd feel no pain during the procedure.
- It's normal to get some soreness in the lower back for 1 to 2 weeks afterward.
- You'd typically back to their normal routine in 2 to 7 days.



“Having the opportunity to donate was one of the greatest experiences of my life. I felt blessed to be able to help.”

—Lydia, marrow donor (right) with Teresa, her marrow recipient

MYTH: Donating is dangerous and weakens you.

FACTS:

- Risks are very small and long-term side effects are rare.
- Only 1% to 5% of your marrow is needed to save a life, so you'd stay strong. Your marrow replaces itself in 4 to 6 weeks.
- Be The Match doesn't let you donate until we're sure you're healthy and donating would be safe for you.
- We're with you every step of the way with support and information.

MYTH: Pieces of the bone are removed from you during marrow donation.

FACTS:

- Pieces of bone are never taken in marrow donation.
- Only the liquid marrow found inside the pelvic bone is needed to save the patient's life.

MYTH: It costs money to donate.

FACTS:

- Donors never pay to donate, and are never paid to donate.
- We reimburse all travel costs and other costs as well.



1 (800) 627-7692 | BeTheMatch.org

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