

Be the one to save a life.



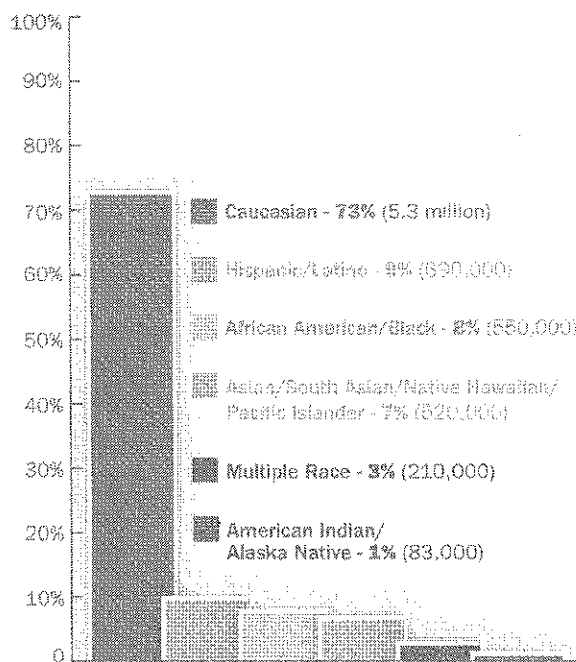
**Be The Match<sup>SM</sup>** offers you the unique opportunity to give a life-saving marrow transplant to someone in need. Thousands of patients with leukemia and other life-threatening diseases depend on the Be The Match Registry<sup>SM</sup>, the largest and most diverse registry in the world, to find a life-saving donor. We all have the power to heal, the power to help.

**Take the first step. Join the registry.**

Percentage of patients needing a marrow transplant who do not have a matching donor in their family.	<b>70%</b>
Number of patients per year whose only hope for a cure is a transplant from someone outside their family.	<b>10,000</b>
Number of patients searching the Be The Match Registry for a donor at any given time	<b>6,000</b>
Percentage of registry members who are of diverse racial or ethnic heritage	<b>28%</b>
Patients who receive the transplant they need. Barriers to transplant include lack of a matching donor, inability to pay the healthcare costs and other factors.	<b>Less than 4 of 10</b>

## VITAL STATISTICS

The Be The Match Registry<sup>SM</sup>  
(7 million total)



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

Because tissue types are inherited, patients are most likely to match someone of their own race or ethnicity. Registry members of diverse racial and ethnic backgrounds are especially needed, so every patient has the chance for a cure.

**BeTheMatch.org**  
**1 (800) MARROW-2**

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

11023; JUN 2009

## Just the FACTS:

NATIONAL  
MARROW  
DONOR  
PROGRAM

Commonly held misperceptions about marrow donation can discourage some from joining the Registry. Let us set the record straight.

### MYTHS VERSUS FACTS

**MYTH:** Marrow donation is painful.

**FACT:** Donors experience no pain during marrow donation, as this procedure uses general or regional anesthesia.

**MYTH:** All marrow donations involve surgery.

**FACT:** Some donations involve surgery and some do not. The patient's doctor requests either a marrow donation, a surgical procedure, or a peripheral blood stem cells (PBSC) donation, which is non-surgical.

**MYTH:** Pieces of bone are removed from the donor.

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

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

**FACT:** Though no medical procedure is without risk, there are rarely any long-term effects from donating marrow. The National Marrow Donor Program® (NMDP) screens all donors carefully before they donate, to ensure they are healthy and the procedure is safe for them. After donation, the body replaces its marrow within four to six weeks.

**MYTH:** Marrow donation involves a lengthy recovery.

**FACT:** Most donors are back to their normal routine within a few days. Marrow donors can expect to feel some soreness in their lower back for several days or longer. They may also feel tired or experience discomfort walking for a short while before symptoms disappear. PBSC donors may have symptoms such as headache, bone or muscle pain, nausea, insomnia or fatigue. These symptoms disappear shortly after donating.

**MYTH:** Donors have to pay for costs associated with donation.

**FACT:** Donors never pay for donating. All medical costs are covered by the patient's medical insurance, sometimes with NMDP assistance. Donors are also reimbursed for travel expenses.

Creating Connections. Saving Lives.

[donor.org](http://donor.org) • 1-(800) MARROW-2

National Marrow Donor Program; Entrusted to operate the C.W. Bill Young Cell Transplantation Program  
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11021; NOV 2007

## NATIONAL MARROW DONOR PROGRAM®

*Creating Connections. Saving Lives!*

### Steps of Marrow and Blood Cell Donation



1

**Join the Registry.** Volunteers must be between the ages of 18 – 60 and meet the health guidelines. Volunteers should be committed to helping any patient. To join, you complete a short health questionnaire and sign a form stating that you understand what it means to be listed on the Registry. Then, a small blood sample or swab of cheek cells is taken to find your tissue type. This information is added to the Registry.

2

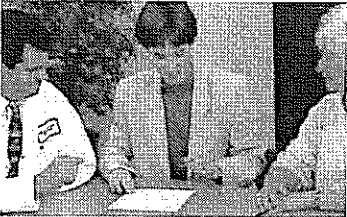
**Stay committed and available.** Doctors search the Registry to find a donor whose tissue type matches their patient's. If you are chosen, your donor center will contact you. If you agree, more testing will be scheduled.

3

**Attend an information session.** You will meet with staff from your donor center to learn about the donation process, risks and side effects. You are free to bring a friend or family member. You will also be told which source of blood-forming cells is being requested — either collected from the marrow or from the circulating blood (known as a PBSC donation). You will then decide whether or not to donate.

4

**Receive a physical exam.** If you agree to donate, you will be given a physical exam to discover if donating would pose any special risks to you or the patient.



#### Marrow Donation



5

**Marrow donation is a surgical procedure.** While you receive anesthesia, doctors use special, hollow needles to withdraw liquid marrow from the back of your pelvic bones. Many donors receive a transfusion of their own previously donated blood.

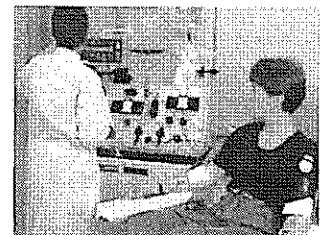
6

**Side effects and recovery.** You can expect to feel some soreness in your lower back for a few days or longer. Most donors are back to their normal routine in a few days. Your marrow is completely replaced within four to six weeks.

7

**Follow-up.** Your NMDP donor center coordinator will follow up with you until you are able to resume normal activity. You will also receive annual calls for long-term follow-up.

#### PBSC Donation



5

**PBSC donation takes place at an apheresis center.** To increase the number of blood-forming cells in the bloodstream, donors receive daily injections of a drug called filgrastim for five days before the collection. Your blood is then removed through a sterile 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.

6

**Side effects and recovery.** You may experience headache, or bone or muscle aches for several days before collection. This is a side effect of the filgrastim injections that you received to increase the number of blood-forming cells in the bloodstream. These effects disappear shortly after the collection.

7

**Follow-up.** Your NMDP donor center coordinator will follow up with you until you are able to resume normal activity. You will also receive annual calls for long-term follow-up.

The National Marrow Donor Program helps people who need a life-saving marrow or blood cell transplant. We connect patients, doctors, donors and researchers to the resources they need to help more people live longer and healthier lives.

For more information call 1 (800) MARROW-2

## NATIONAL MARROW DONOR PROGRAM® Creating Connections. Saving Lives.

### Pasos de la donación de médula ósea y células sanguíneas



1

**Para Unirse al Registro.** Los voluntarios deben tener entre 18 y 60 años de edad y cumplir con ciertos requisitos de salud. Los voluntarios deben comprometerse a ayudar a cualquier paciente. Para inscribirse, debe responder un breve cuestionario sobre su salud y firmar un formulario donde declara que entiende lo que significa estar inscrito en el Registro. Luego, se le extraerá una pequeña muestra de sangre o se tomará una muestra de células de la mejilla con un hisopo para averiguar su tipo de tejido. Esta información se agrega al Registro.

2

**Comprometerse y estar disponible.** Los médicos buscan en el Registro un donante cuyo tipo de tejido sea compatible con el de su paciente. Si resulta elegido, su centro de donación se pondrá en contacto con usted. Si está de acuerdo, entonces se le harán más exámenes.

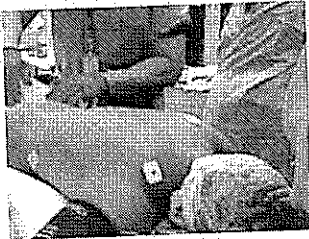
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**Asistir a una sesión informativa.** Se reunirá con personal de su centro de donación para informarse sobre el proceso de donación, sus riesgos y efectos secundarios. Puede traer a un amigo o a un familiar con usted. También le dirán qué fuente de células formadoras de sangre se está pidiendo, ya sea de médula ósea o de sangre circulante (conocida como donación de células progenitoras de sangre periférica [PBSC]). Entonces usted decidirá si donar o no.

4

**Someterse a un examen físico.** Si acepta donar, le harán un examen físico para averiguar si la donación podría conllevar algún riesgo especial para usted o para el paciente.

#### Donación de médula

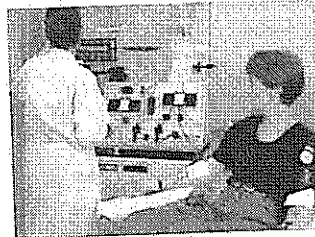


La donación de médula ósea es un procedimiento quirúrgico. Mientras usted está bajo anestesia, los médicos utilizan unas agujas huecas para extraerle médula líquida de la parte posterior de los huesos de la pelvis. Los donantes reciben una transfusión de su propia sangre que donaron previamente.

**Efectos secundarios y recuperación.** Es posible que sienta dolor en la parte inferior de la espalda durante unos días o más. Muchos donantes regresan a su rutina normal en unos pocos días. Su médula se repondrá por completo en cuatro a seis semanas.

**Seguimiento.** El coordinador de su centro de donación del NMDP permanecerá en contacto con usted para ver cómo se siente hasta que usted pueda reanudar sus actividades normales. También recibirá llamadas anuales para un seguimiento a largo plazo.

#### Donación de PBSC



La donación de PBSC se realiza en un centro de aféresis. A fin de aumentar el número de células formadoras de sangre en el torrente sanguíneo, los donantes reciben inyecciones diarias de un fármaco llamado filgrastim durante cinco días antes de la extracción. Luego se le extrae sangre por medio de una aguja estéril colocada en el brazo y pasa por una máquina que separa las células formadoras de sangre. El resto de la sangre se le devuelve a través de una aguja en su otro brazo.

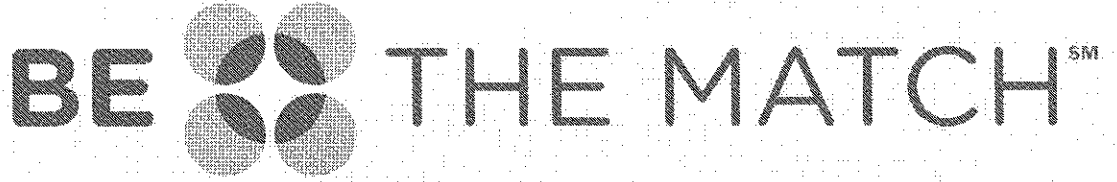
**Efectos secundarios y recuperación.** Es posible que tenga dolor de cabeza o dolor en los huesos o los músculos durante varios días antes de la extracción. Esto es un efecto secundario de las inyecciones de filgrastim que recibió para aumentar el número de células formadoras de sangre en el torrente sanguíneo. Estos efectos secundarios desaparecen al poco tiempo de la extracción de sangre.

**Seguimiento.** El coordinador de su centro de donación del NMDP permanecerá en contacto con usted para ver cómo sigue hasta que usted pueda reanudar sus actividades normales. También recibirá llamadas anuales para un seguimiento a largo plazo.

El Programa Nacional de Donantes de Médula Ósea ayuda a las personas que necesitan un trasplante de médula ósea o de células sanguíneas para salvar la vida. Ponemos en contacto a pacientes, médicos, donantes e investigadores con los recursos que necesitan para ayudar a más personas a prolongar y mejorar su vida. Si desea más información: 1 (800) MARROW-2.

**PENDING APPROVAL**

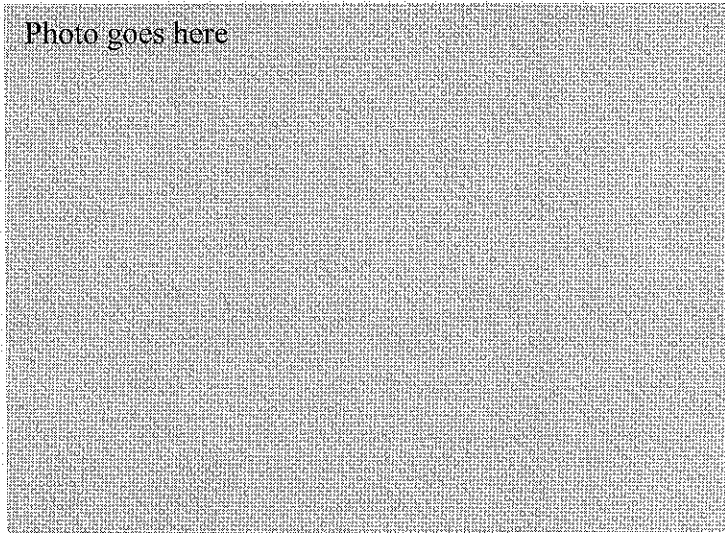
Be the one to save a life.



<Name>

<Patient story goes here.>

Photo goes here



Thousands of patients depend on the Be The Match Registry<sup>SM</sup> to find a donor who can give them a second chance at life. You have the power to heal, the power to save a life. Take the first step. Join the registry.

## JOIN THE MARROW REGISTRY

**Date** <Saturday, Month Date, 2009>

**Time** <00:00 a.m. - 00:00 p.m.>

**Location** <Location Center Name,>  
<Room>  
<Street Address>  
<City, State ZIP>

**Phone** <(000) 000-0000>

To join, you only need to be between the ages of 18 and 60, be willing to donate to any patient in need, and meet the health guidelines.

This text box is for sponsorship info.

1 (800) MARROW-2 **BeTheMatch.org**

Sponsor logo here

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## Just the FACTS:

Join the global movement — now 11 million\* strong — committed to saving a life.

### HOW TO HELP

We need you to help save a life!

The National Marrow Donor Program® (NMDP) exists to save lives. Every year, more than 10,000 people who don't have a family donor get diseases only a marrow or cord blood transplant can cure.

But the sad fact is, today only three out of 10 patients receive the transplant that can save their life.

Together, we can change that.

Be part of the global movement to save lives

Every single patient deserves a second chance at life. Be the one to give someone a future.

Here's what you can do to make a difference:

- ✦ **Join the NMDP Registry.** Every day, 6,000 patients all over the world are searching the Registry for someone whose tissue type matches their own—one who can give them the marrow transplant they so desperately need to live. We need committed people like you standing ready to save a life. Log on to [marrow.org/join](http://marrow.org/join), or ask your NMDP representative how to join the Registry.
- ✦ **Make a gift.** Your tax-free contribution supports our mission of saving lives. In so many ways, your gift makes the difference between life and death for a patient in need. Help more people join the Registry. Help more patients get the transplant they need. Help advance the science of transplantation so more patients can live. Give to the NMDP today.
- ✦ **Volunteer.** You can engage with us in so many rewarding ways. Help us spread the word, assist with drives and raise funds. Help us save lives.

We need your help! Ask your NMDP representative how you can get involved.

\*Total potential donors available through the NMDP and our international cooperative registries.

Creating Connections. Saving Lives.  
[marrow.org](http://marrow.org) • 1 (800) MARROW-2

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