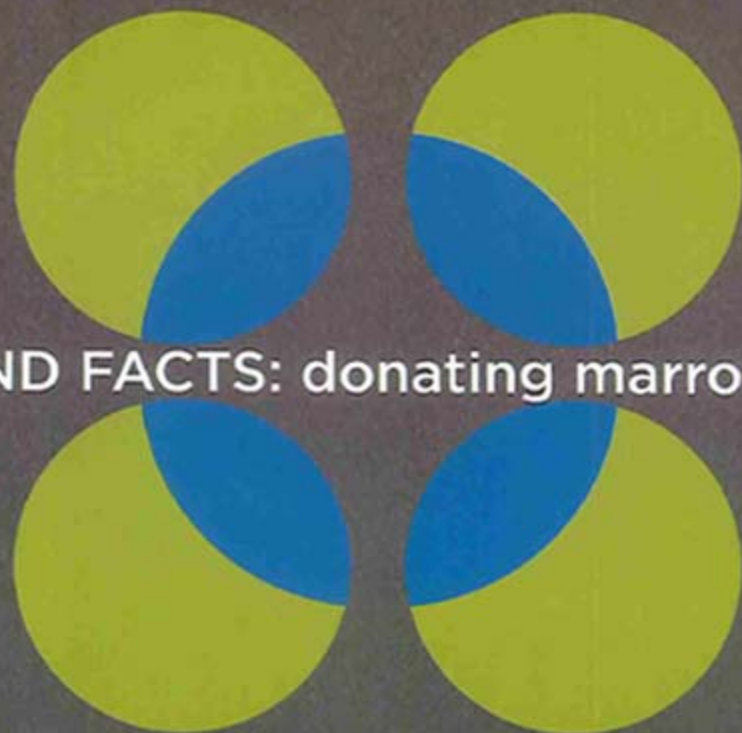


Phouthasin, marrow donor



MYTHS AND FACTS: donating marrow

Every 3 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 be back to their normal routine in 2 to 7 days.