



“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.

BE  **THE MATCH**[®]

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