

## Ways to Donate

There are two ways to donate bone marrow. The method used for donation depends upon the patient's needs and is determined by the patient's doctor.

### Peripheral Blood Stem Cell Donation (PBSC):

- \* In this method, cells are collected via the bloodstream. To increase the number of stem cells in the bloodstream, donors receive daily injections of a protein called filgrastim for 4 days before and on the day of the collection.
- \* On the day of collection the donor's blood is removed with a sterile needle from one arm and passed through a machine that separates out the blood stem cells. The remaining blood is returned to the donor through the other arm. The cell collection is an outpatient procedure that takes about 4-6 hours on 1-2
- \* Possible side effects and recovery: While taking the medication, many donors experience flu-like symptoms such as headaches, bone and muscle aches and fatigue. Most side effects should subside within 48 hours of donating.
- \* Occurs 70% of the time in all bone marrow donations

### Bone Marrow Aspiration

- \* Marrow cells are collected from the backside of the pelvic bone (not the spine) using a special syringe. Donors receive general anesthesia so no pain is experienced during the marrow extraction. This is a 1-2 hour, outpatient, surgical procedure.
- \* Possible side effects and recovery: Many donors experience some pain, bruising and stiffness for up to two weeks after their donation. Within a week of donating, most donors are able to return to work, school and many regular activities. The donor's marrow is completely replenished within a few weeks.
- \* Occurs 30% of the time in all bone marrow donations

## Important Dates

### Public Service Announcement (PSA) Official Showings:

- September 22, 2012– LaValle Stadium
- October 6, 2012– LaValle Stadium
- October 20, 2012– LaValle Stadium
- November 3, 2012– LaValle Stadium

### “More to Live For” Documentary Premiere & Guest Speakers:

- November 11, 2012 7PM-10PM  
Student Activities Center (SAC) Auditorium

### Stony Brook Bone Marrow Drive

- November 14, 2012 10AM-4PM  
SAC Lobby, Ballroom B, & Auditorium

## Contact Information

### Bone Marrow Drive Coordinators:

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## Bone Marrow Registry



## What is a Bone Marrow Transplant?

A bone marrow transplant is a lifesaving treatment for people with leukemia, lymphoma and many other diseases. First, patients undergo chemotherapy and sometimes radiation to destroy their diseased marrow. Then a donor's healthy blood-forming stem cells are transfused directly into the patient's bloodstream, where they can begin to function and multiply. For a patient's body to accept these healthy cells, the patient needs a donor who is a close match. national registry to find an unrelated bone marrow donor. 70 percent of patients cannot find a matching donor within their family and depend on the national registry to find an unrelated bone marrow donor.

## Why Donate?

Thousands of patients with leukemia and other life-threatening diseases depend on finding matching donors who can save their life. Patients need donors who are a close genetic match. Even with a registry of millions, 6 out of 10 patients NEVER receive the lifesaving transplant they need. Donors of all ethnicities are needed if we are going to change this.

## How YOU Can Make a Difference?

- 1) Pre-register from now until November 14 or on the day of the Drive...
- 2) Get Swabbed during our drive on November 14 or sign up to receive a self-swab kit courtesy of Love.Hope.Strength & DKMS.
- 3) Donate to any searching patient who may be your match sometime in the future.

## Facts & Myths About Bone Marrow Donation

### MYTH

Bone marrow donation is painful.

### FACT

General or regional anesthesia is always used for this procedure. Donors feel no needle injections and no pain during the marrow donation process. Afterwards, most donors feel some pain in the lower back for a few days or longer.

### MYTH

Donating bone marrow is dangerous and weakens

### FACT

Though no medical procedure is without risk, there are rarely any long-term effects from donating. Only five percent or less of a donor's marrow is needed to save a life. After donation, the body replaces the donated marrow within four to six weeks. DKMS educates donors, answer questions every step of the way, and follows up with donors after donation.

### FACT

Leukemia kills more children every year than any other cancer and is the leading cause of death for children 14 and under.

### FACT

ONLY 2 percent of the national population is on the bone marrow registry

### FACT

Every day 129 are diagnosed with Leukemia and 60 lose the Fight

## Am I Eligible?

Potential donors MUST:

- \* Be between the ages of 18 and 55
- \* Be in good general health
- \* Weigh more than 110 lbs but not exceed a BMI 40
- \* Not be HIV positive or have been diagnosed with AIDS
- \* Not have had heart surgery or have heart disease
- \* Not have autoimmune disorders such as lupus, rheumatoid arthritis, multiple sclerosis or fibromyalgia
- \* Not have sleep apnea, breathing problems or severe asthma
- \* Not have diabetes requiring insulin
- \* Not have hepatitis B or C
- \* Not have kidney or liver disease
- \* Not have had a stroke
- \* Not have chronic or severe neck or back problems
- \* Not have had uncontrolled epilepsy and not have had any seizures in the past year
- \* Not have a history of blood clotting or a bleeding disorder
- \* Not have a personal history of cancer (melanoma, breast, bladder and cervical cancer [stage 0, in situ] and cured localized skin cancer [basal cell or squamous cell] are acceptable)

