

## WHAT YOU NEED TO KNOW BEFORE JOINING

Thank you for attending our Be The Match® Donor Registry Drive! Please read this over carefully before filling out any forms. If after reading this you decide to continue the registration process, thank you for your generous commitment!

If you decide registering is not for you, let us tell you about the opportunity to contribute financially, volunteer and become involved in a variety of other ways.

### If you join:

- You're committing to donating to any patient in need.
- You'll be asked to give a cheek swab sample today, which is only used to add you to the registry. It's not a donation for a patient.
- You'll be listed on the registry until you're 61, unless you inform Be The Match that you've become unwilling or unable to donate. In that case, let us know as soon as you can.

### If you are called as a possible match for a patient:

- You agree to call us back quickly.
- You'll be asked to give a blood sample or another cheek swab sample for further testing.
- If you are the patient's best match, we'll ask you to make a 30- to 40-hour time commitment spread out over a four- to six-week period to attend appointments and donate.
- The patient's doctor will request either a peripheral blood stem cell (PBSC) donation or a marrow donation, depending on what's best for the patient (see other side for more information).

### We ask you to:

- Keep your contact information current at [BeTheMatch.org](http://BeTheMatch.org) or **1 (800) MARROW-2**.
- Share your decision to join the registry with family and friends so you have their support if called as a match for a patient.

*Thank you* for your commitment to save a life!

# Guidelines for joining the registry at a drive

- 1 Be between the ages of 18 and 44
- 2 Be willing to donate to any patient in need
- 3 Meet the health guidelines

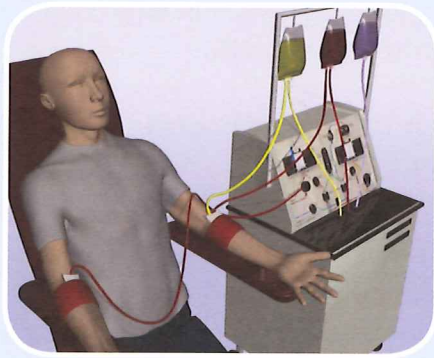
## Height & Weight Guidelines

| Height | Max. weight (lbs.) | Height | Max. weight (lbs.) |
|--------|--------------------|--------|--------------------|
| 4'10"  | 191                | 6'0"   | 295                |
| 4'11"  | 198                | 6'1"   | 301                |
| 5'0"   | 204                | 6'2"   | 310                |
| 5'1"   | 211                | 6'3"   | 321                |
| 5'2"   | 218                | 6'4"   | 328                |
| 5'3"   | 225                | 6'5"   | 339                |
| 5'4"   | 233                | 6'6"   | 345                |
| 5'5"   | 240                | 6'7"   | 355                |
| 5'6"   | 247                | 6'8"   | 363                |
| 5'7"   | 255                | 6'9"   | 374                |
| 5'8"   | 263                | 6'10"  | 381                |
| 5'9"   | 270                | 6'11"  | 392                |
| 5'10"  | 278                | 7'0"   | 400                |
| 5'11"  | 286                |        |                    |

## These conditions would prevent you from joining the registry:

- HIV or risk for HIV
- Hepatitis or risk for hepatitis
- Most forms of heart disease or cancer
- Chronic lung disease
- Diabetes requiring insulin or diabetes-related health issues
- Diseases that affect blood clotting or bleeding
- Recent back surgery, or severe or ongoing back problems
- Autoimmune/neurological disorders such as lupus, rheumatoid arthritis or multiple sclerosis
- Being an organ or marrow transplant recipient
- Significant obesity
- Current sleep apnea

## If you match a patient, you'll be asked to donate in one of two ways:

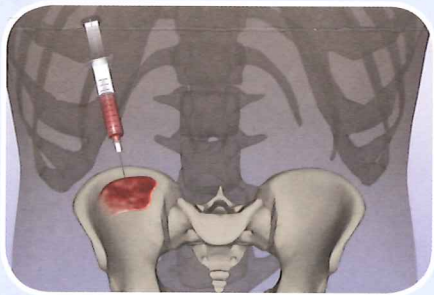


### PBSC donation

Peripheral blood stem cell (PBSC) donation is requested by doctors 76 percent of the time. This is a non-surgical procedure.

For five days before donation, the donor receives daily injections of a drug that increases blood-forming cells in the bloodstream. On the fifth day, the donor's blood is removed through a needle in one arm and passed through a machine that separates out the blood-forming cells. The remaining blood is returned to the donor through the other arm.

Donors may experience headache, bone or muscle aches for several days before collection. These side effects typically disappear shortly after donation. Most PBSC donors are back to their normal routine in one to two days.



### Marrow donation

Marrow donation is a surgical procedure, requested by doctors 24 percent of the time. While the donor is under anesthesia, the doctor uses needles to withdraw liquid marrow from the back of the pelvic bone.

After donation, marrow donors can expect to feel some soreness in the lower back for a few days to several weeks. Marrow donors are typically back to their usual routine in two to seven days.

For more information, contact your local recruitment center.

