# Stem Cell Heroes

### Why are stem cell donations needed?

For many patients with diseases like leukemia and lymphoma, donated stem cells are the final option after all other treatments have been tried.<sup>1</sup>

### Why are more donors especially needed in India?

Only about 30% of patients in need find a donor match within their own family.<sup>2</sup> And while India has a population of 1.3 billion, only around 400,000 Indians (a fraction of 1%) are registered as donors.<sup>3</sup>

Who is eligible to donate?

General criteria<sup>5</sup>:

AGE 18-50

> General Good Health

Meet the height/weight requirements

## **Did you know?**

More than

41

### What are the risks?

- Achiness/soreness and fatigue for a few days.<sup>3</sup>
- There is no evidence of long-

### What about my privacy?



Donor registries comply with strict international laws to safeguard your personal contact information.<sup>4</sup>

people worldwide have registered as unrelated blood stem cell donors.<sup>6</sup>

million

term side effects<sup>1</sup> (other than a sense of pride and satisfaction).

#### Ready to save a life? First, get registered.

For many patients with life-threatening illnesses, donated stem cells are the final treatment option. Your stem cells may be the perfect match for someone in need.

#### I want to donate! How can I register?

Learn more and sign up

through your local donor

registry. A few options include datri.org,

1. Be the Match. Accessed July 18, 2023. https://bethematch.org/ 2. DATRI. Accessed July 18, 2023. https://datri.org/ 3. MDKS-BMST. Accessed July 18, 2023. https://www.dkms-bmst.org/ 4. Tiwari AK, et al. Leuk Res Rep. 2019;11:17-20. 5. Swab the World. Accessed July 18, 2023. https://swabtheworld.com/en/country/india 6. World Marrow Donor Association. Accessed July 18, 2023. https://wmda.info/

swabtheworld.com, and dkms-bmst.org.

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#### What if I'm a match?



Give a small sample of blood to verify the match.<sup>2</sup>



Undergo routine health testing for conditions like HIV or hepatitis B.<sup>2</sup>



Choose a donation method, either peripheral blood stem cell (PBSC) collection or bone marrow donation, with the help of your healthcare provider. The preparation required and the duration of the procedure are different depending on which one you choose your local donor registry can provide all the details. Side effects may include achiness/ soreness and fatigue for a few days.<sup>1</sup>



Your collected cells will be transported to the patient for transplant.

#### Will I meet the person who receives my stem cells?

Maybe. It depends on what you want, what the patient wants, and the regulations in the countries where you both live. Both donors and recipients have strong emotions about donation, and they may deal with them differently. If you do meet, it will often be 2 years or more after the transplant.<sup>1</sup>

